

# **SANCTUARY IN SCHOOLS: IMPLEMENTING TRAUMA- INFORMED PRACTICE IN SCHOOLS**

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**ANDRUS**



Mental Health  
Division

# 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

# THE SANCTUARY MODEL

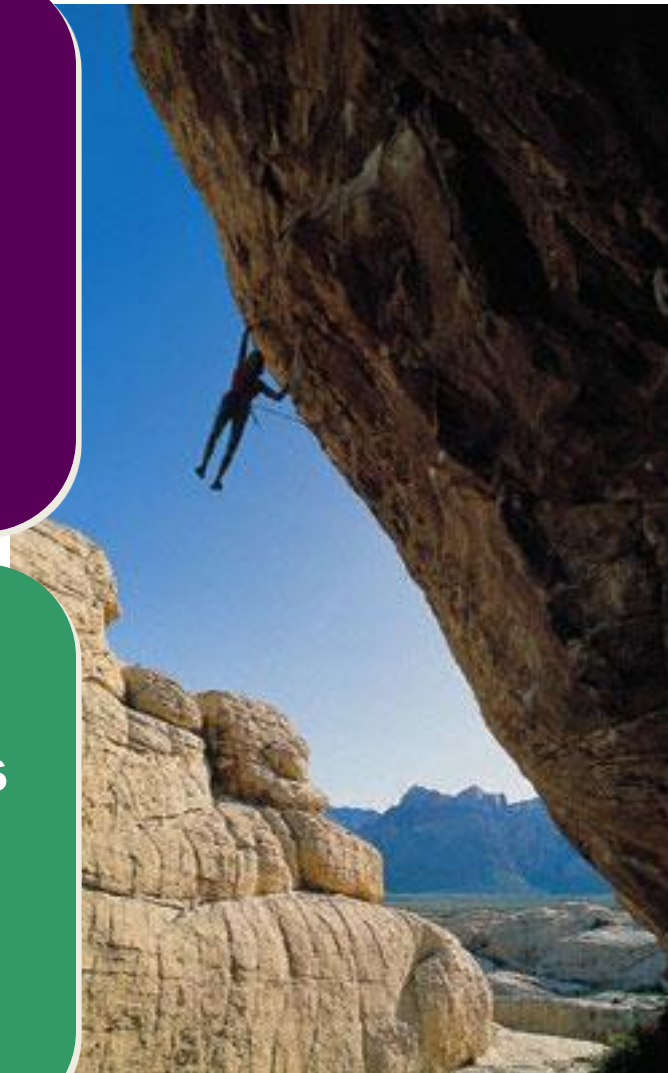


In a nutshell.....Sanctuary is a treatment and organizational change model that integrates trauma theory with the creation of therapeutic communities which provide safety for both clients and the staff who work with them.

# BASIC BELIEFS OF THE SANCTUARY MODEL

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?"*

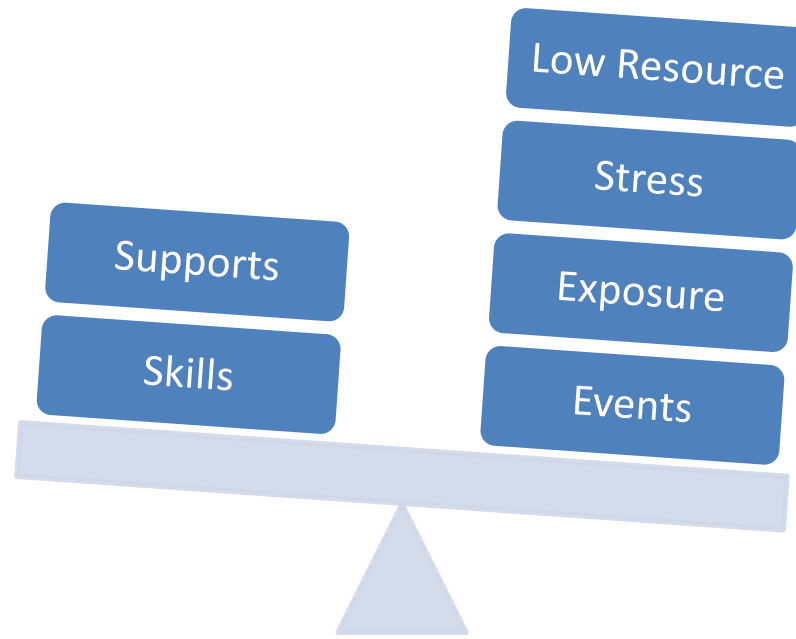
*TO*

*"What happened to you?"*

# TRAUMA

Coping

Adversity





# 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.**





## THE ACEs STUDY

**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*



### ABUSE

- PHYSICAL ABUSE
- SEXUAL ABUSE
- EMOTIONAL ABUSE
- PHYSICAL NEGLECT
- EMOTIONAL NEGLECT



### HOUSEHOLD

- MENTAL ILLNESS
- SUBSTANCE ABUSE
- DOMESTIC VIOLENCE
- PARENTAL SEPARATION/DIVORCE
- INCARCERATION

**1 POINT /CATEGORY – ADD TO GET TOTAL ACE SCORE**

# ACE Study

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

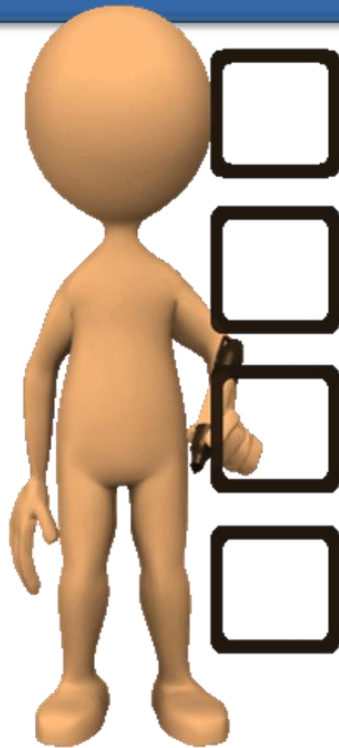
**ACE Score of 0 - majority of adults have few, if any, risk factors for these diseases.**

**ACE Score of 4 or more - majority of adults have multiple risk factors for these**

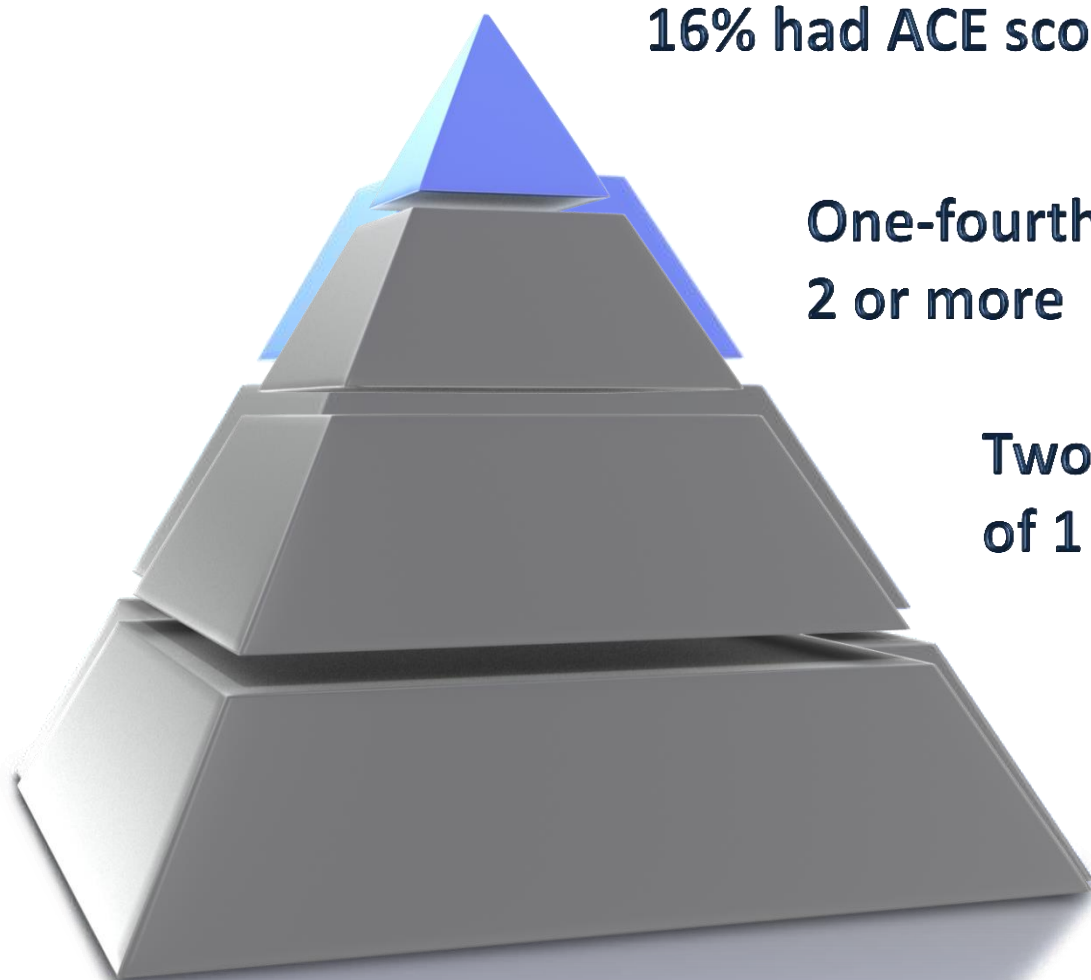


## *ACEs Study*

*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



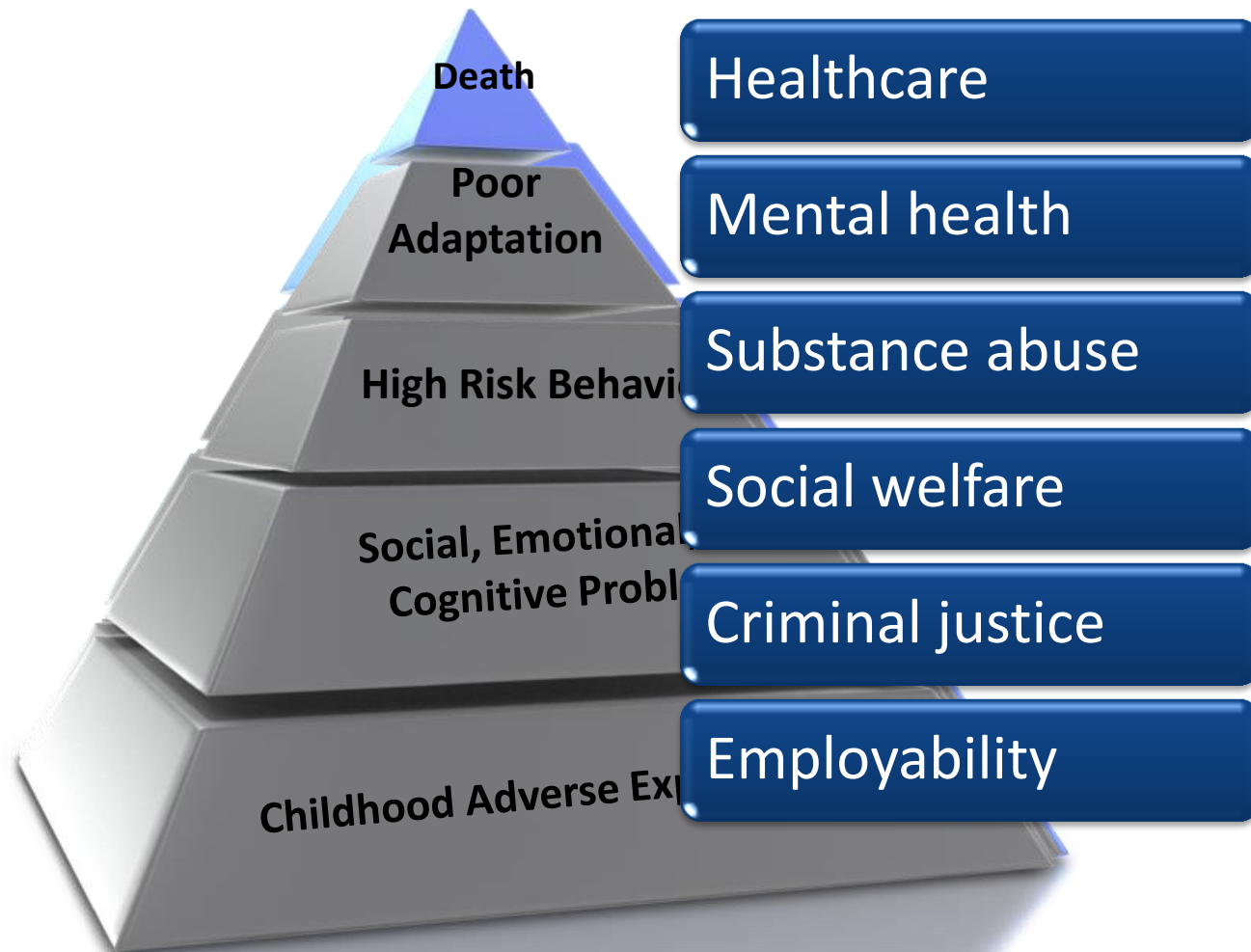
**16% had ACE score of 4 or more**

**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**

**ACES SCORE**



**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.



# SANCTUARY COMMITMENTS



# S.E.L.F.



# SANCTUARY TOOLKIT



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

# THE SANCTUARY MODEL TOOLKIT

Community meetings

Psychoeducation Groups

Red Flag Meetings

Safety Plans


Self Care Plans

Team Meetings

Treatment Planning Conference



# PAVING A NEW ROAD

A 3D white figure is shown from the side, crouching and using a paint roller to create a winding road. The road is dark grey with white dashed lines and curves from the bottom left towards the center. The figure is positioned at the start of the road, with its right hand on the ground and its left hand holding the paint roller.

*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



# WHAT IS A SAFETY PLAN?

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.*

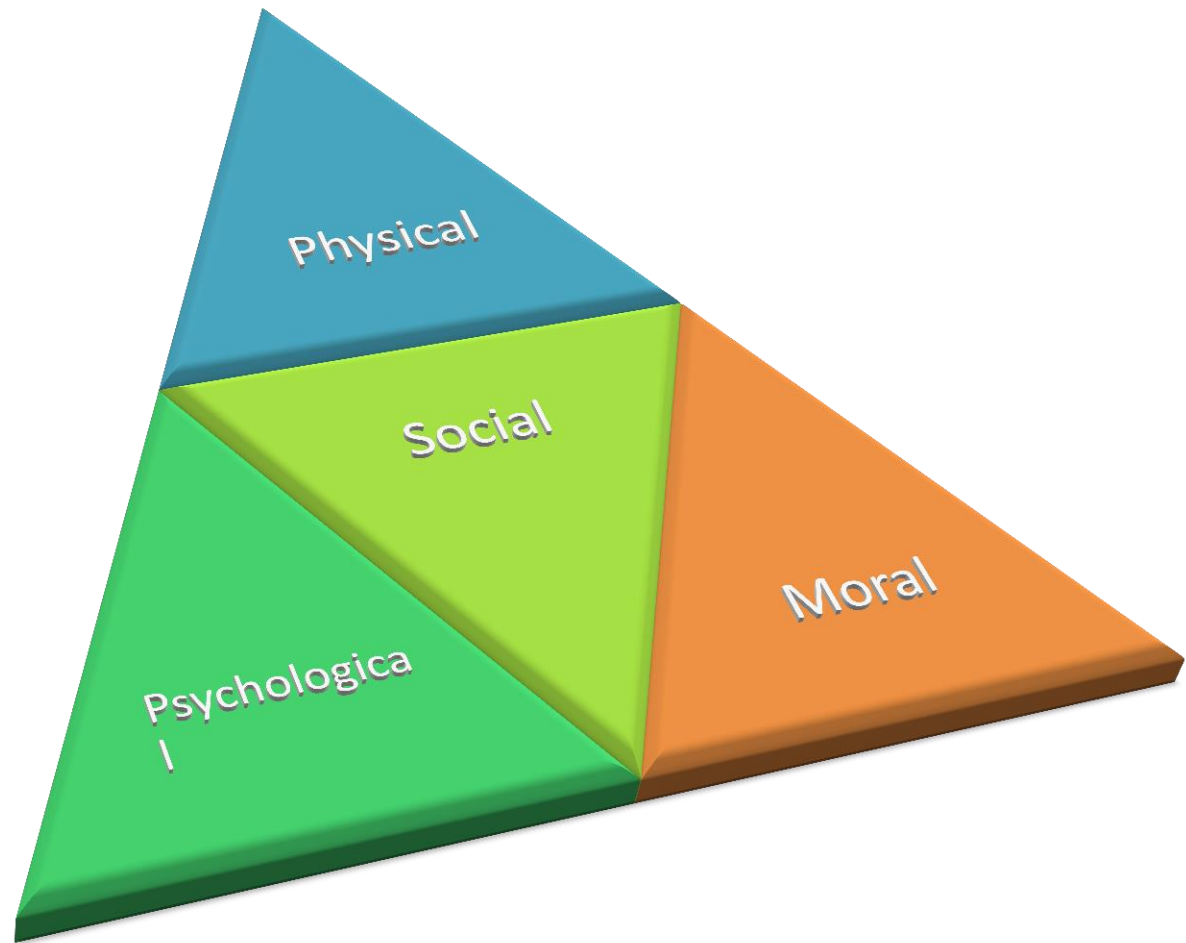


# MIRROR NEURONS



**Clients who struggle with managing emotions learn from others who can manage their emotions.**

# DOMAINS OF SAFETY



# WHAT ARE “SELF-REGULATING OPTIONS”?

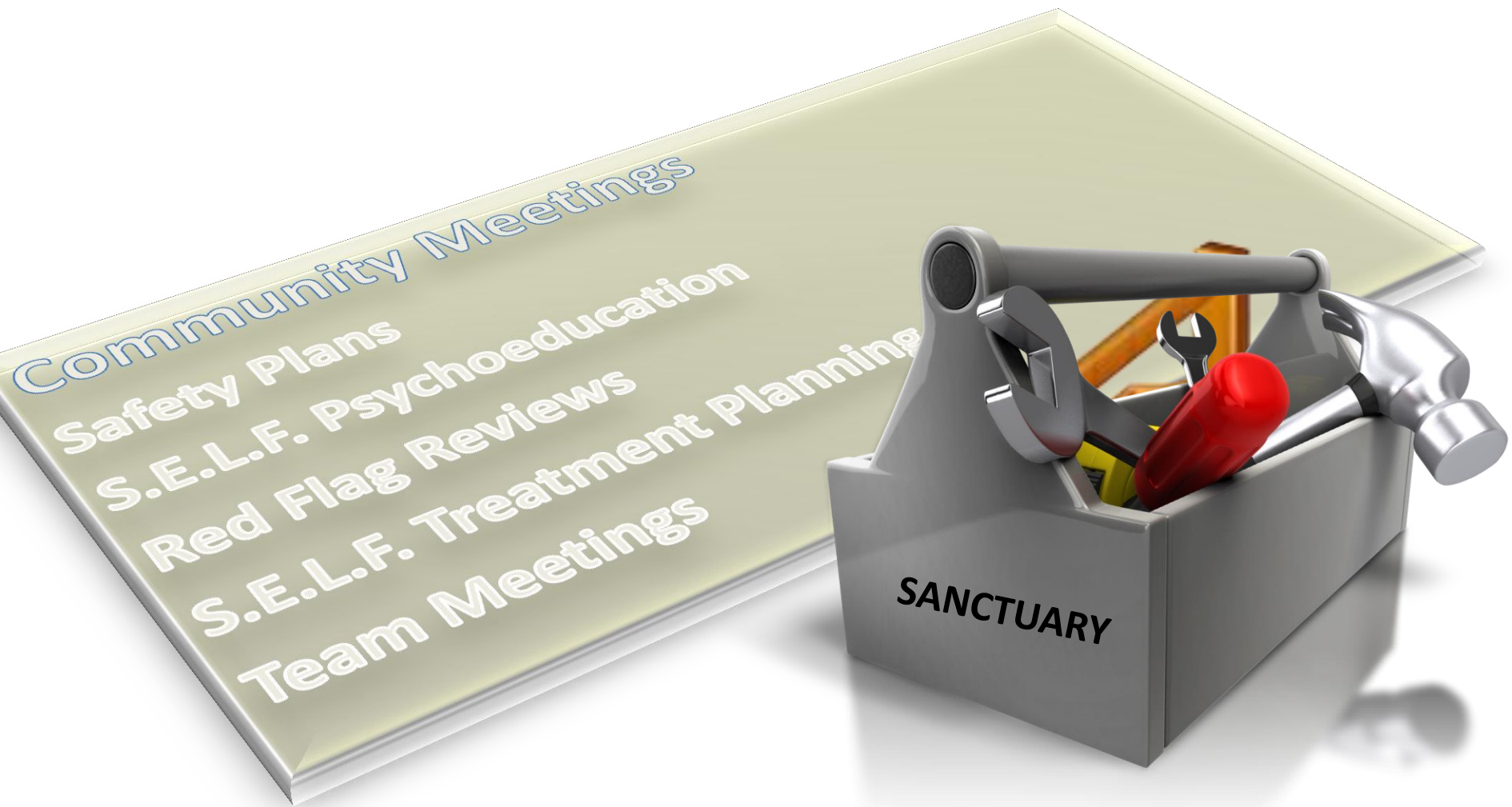
**You can do them yourself**

**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 MEETING



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



# COMMUNITY MEETING

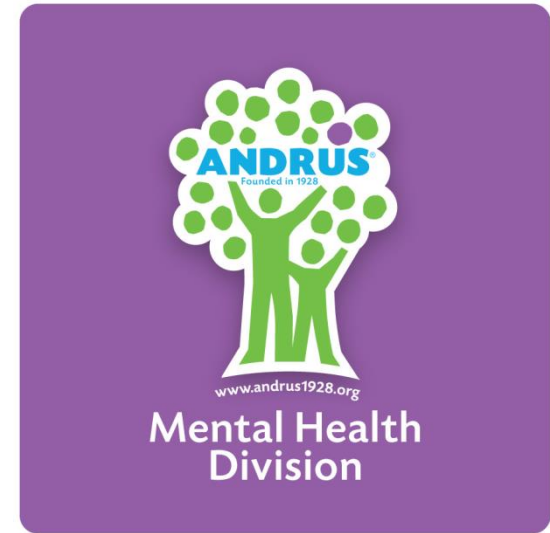


How are you feeling?

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