

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

THE SANCTUARY MODEL

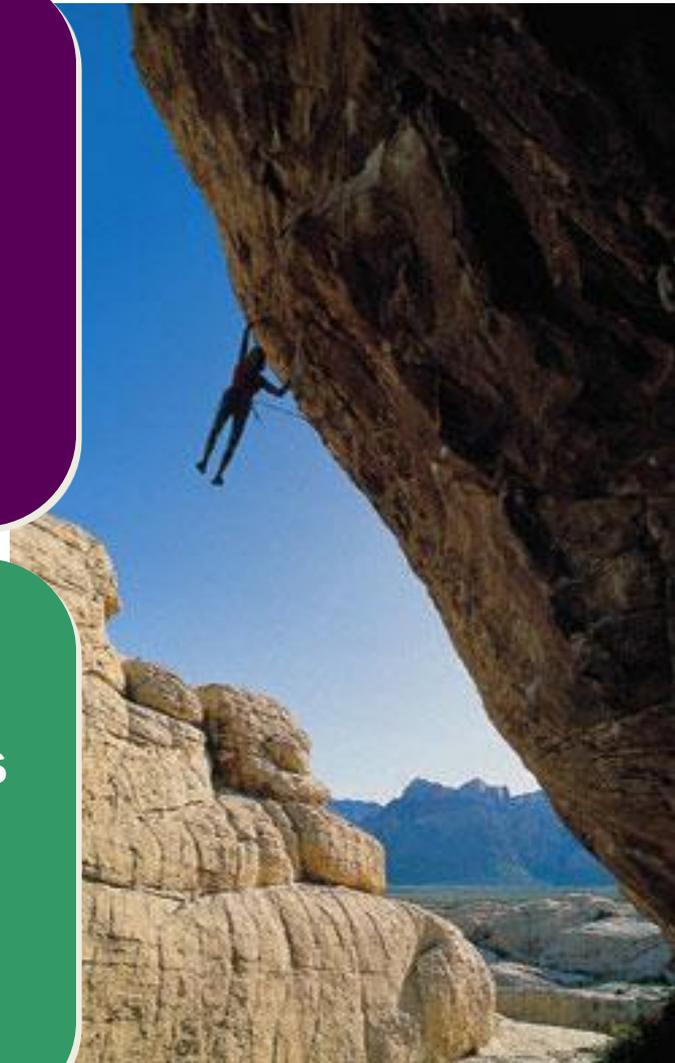


In a nutshell.....Sanctuary is a treatment and organizational change model that integrates trauma theory with the creation of therapeutic communities which provide safety for both clients and the staff who work with them.

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



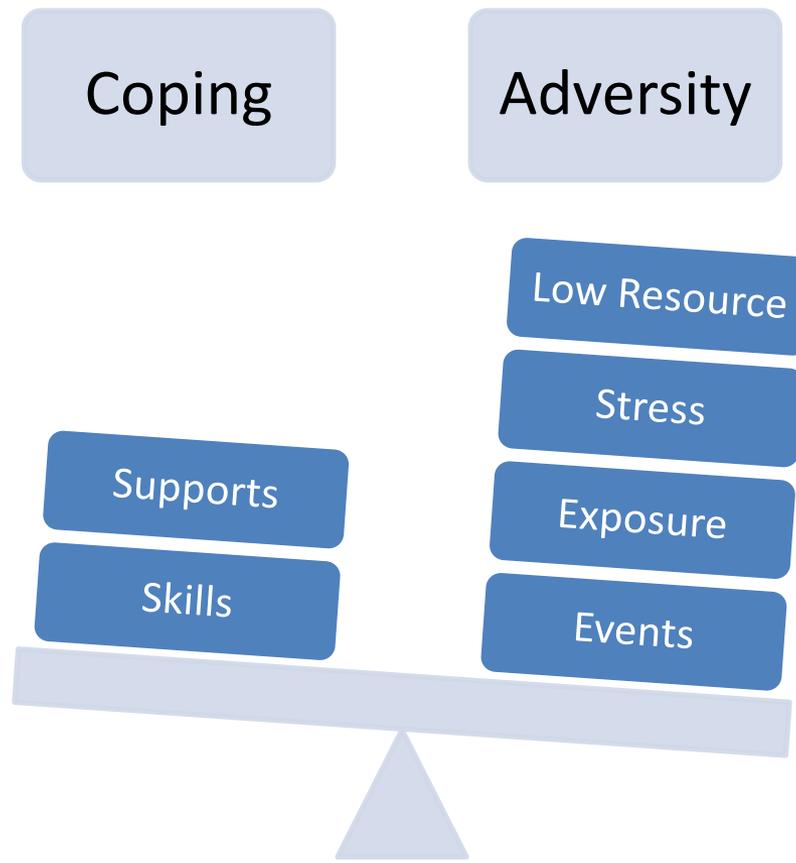


“What's wrong with you?”

TO

“What happened to you?”

TRAUMA



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.

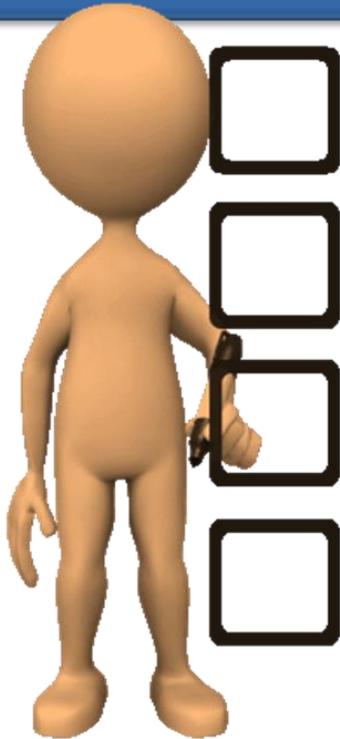
ACE Score of 0 - majority of adults have few, if any, risk factors for these diseases.

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

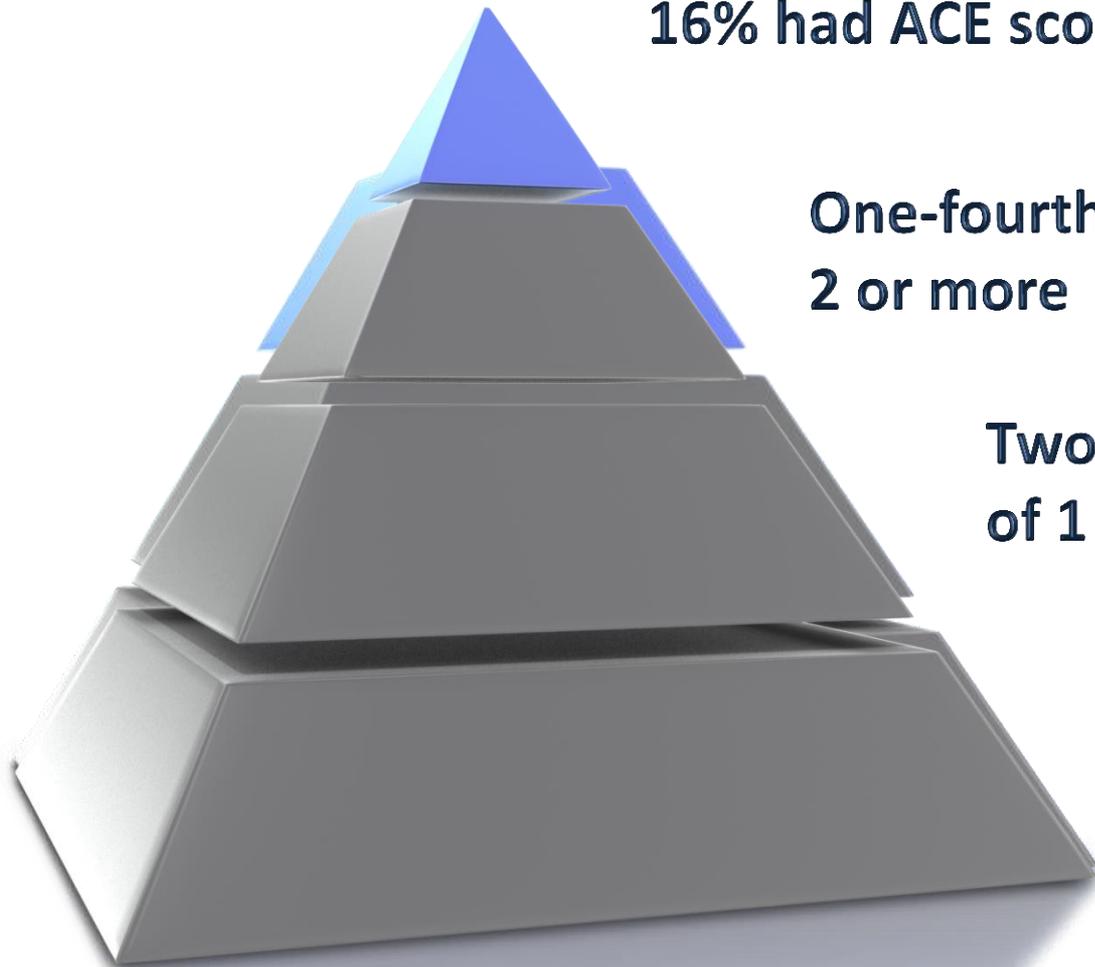


ACEs Study

*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



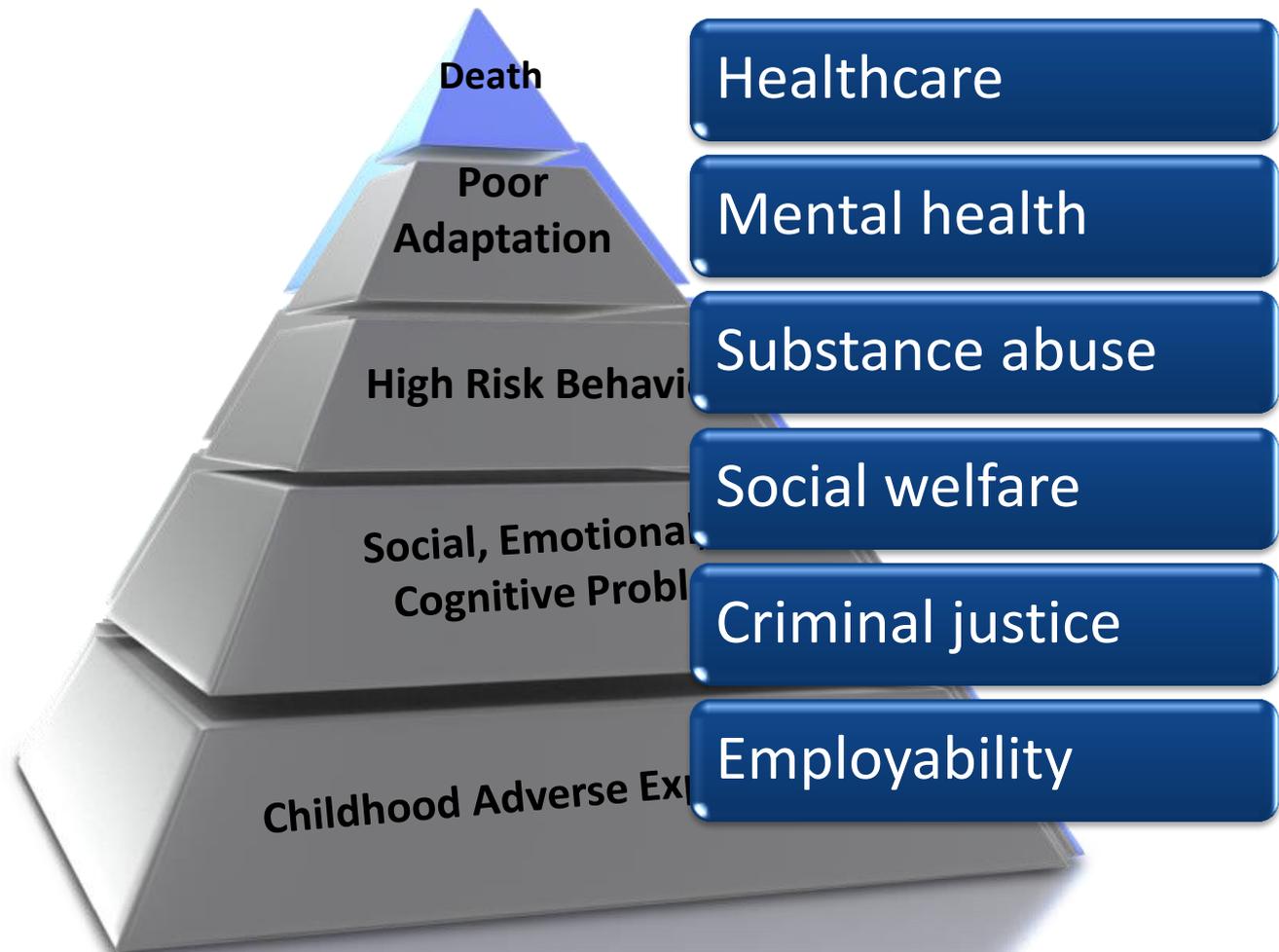
16% had ACE score of 4 or more

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 kneeling on a white surface, using a black roller to paint a black road with white dashed lines. The road curves from the bottom left towards the center. The figure is holding the roller with its right hand and has its left hand on the ground for support.

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 Meetings

Safety Plans

S.E.L.F. Psychoeducation

Red Flag Reviews

S.E.L.F. Treatment Planning

Team Meetings

SANCTUARY

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