



HALLMARK YOUTH CARE

SANCTUARY MODEL®

Sanctuary Certified® Site since 2013

ABOUT OUR PROGRAM

The Sanctuary Model® is a blueprint for clinical and organizational change which, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community. We recognize that trauma is an individual experience and can impact more than just the primary victim. The Sanctuary Model® focuses not only on the people who seek services, but equally on the people and systems that provide those services. Our goal is to create a youth-driven and family –focused perspective to treatment that is individual to each client we serve.

OUR GOALS

To create safe families and environments through the use of our Seven Commitments, each targeted to navigate the effects of trauma for all those who work or receive services in our organizational community.

SEVEN COMMITMENTS

- Nonviolence
- Emotional Intelligence
- Social Learning
- Democracy
- Open Communication
- Social Responsibility
- Growth & Change

SANCTUARY TOOLS

We use tools every day to improve the quality of life for our residents, families and staff. Our commitment to the Sanctuary Model® allows us to promote healing and growth through activities, support and trauma-informed tools.

GOOD DECISION MAKING

S.E.L.F. stands for Safety, Emotion, Loss and Future. S.E.L.F. is the framework to begin problem solving and acknowledging behaviors and events. It provides an outline for client, family and organizational change.

COMMUNITY MEETINGS

The first step in trauma recovery is creating safety and positive emotional connections. Community Meetings are a chance for us to help our clients, families and staff to verbalize their feelings, identify goals and make connections with others who can support them. We ask three simple questions: How are you feeling today? What are your goals for today? Who can you ask for help?

RED FLAG MEETINGS

These meetings are called in response to a rising level of concern addressed by a resident, family member, staff or community support to problem solve creative ways to find success. The goal of a Red Flag Meeting is to focus on growth and change.



WHAT IS TRAUMA?

Trauma, adversity and chronic stress are universal to the human experience, affecting individuals and organizations in many ways. By understanding how trauma impacts functioning and health, we can learn to treat the effects, make connections about behaviors and events, support problem solving and identify potential triggers. Our goal is to create and foster compassionate, healthy and healed clients, families and communities.

Our Sanctuary Community recognizes clients and staff experience adversity, traumatic events and stress in our lives. These experiences shape our behaviors. As a Sanctuary Community, we agree to support one another unconditionally and to provide a safe environment that is both trauma-informed and trauma responsive.

TAKE THE FIRST STEP

The first phase of trauma recovery is creating safety and positive emotional connections. Safety plans are practical steps to put our values into practice. Every client and staff member creates, carries and uses a safety plan to manage emotions and keep themselves and others safe. The plan includes three or more activities to do alone or with others.

Create your own safety plan now!

IDEAS:

Take a deep breath
Write or draw
Take a walk

Listen to music
Talk to a friend

Think about a safe place
Play basketball

MY SAFETY PLAN

- 1.
- 2.
- 3.