



Sanctuary at PEP

Many of the young people PEP works with have experienced significant trauma or chronic stress – life events, for example, that could include abuse, neglect, loss of a loved one, having a debilitating illness, witnessing violence or bullying. **The Sanctuary Model** is an organizational mindset that helps us understand trauma and how it affects people. At its core, **Sanctuary** is about shifting the question from “What’s wrong with you?” to “What’s happened to you?”

SANCTUARY

An organizational mindset that helps us understand trauma and how it affects people



is the way we organize our **treatment**



helps us provide **healing** to clients and those who care for them



creates a **safe and nonviolent environment** for clients and workers



is the way we organize and maintain corporate **culture**



guides **everybody** across the organization



was **developed** by Sandra Bloom, a nationally recognized psychiatrist

Sanctuary at PEP

THE FOUR PILLARS OF SANCTUARY



1

Shared Knowledge



2

Shared Values



3


Shared Language





4


Shared Practice


EIGHT COMMITMENTS

 **Growth and Change**
creating hope and goals
for clients and ourselves


 **Nonviolence**
being safe physically, emotionally,
socially and morally


 **Emotional Intelligence**
managing our feelings so we don't
hurt ourselves or others

 **Social Learning**
learning together, respecting and
sharing ideas and the development
of problem-solving skills

 **Open Communication**
saying what you mean without
being mean

 **Social Responsibility**
working together so more c
an be accomplished

 **Democracy**
sharing in the decision making

 **Equity and Justice**
committing to practices that
are inclusive and just



The **EIGHT COMMITMENTS** are a set of values **Sanctuary** outlines as a way to lead individuals and organizations away from trauma-reactive behaviors.

KEY ASPECTS OF RECOVERY



Safety

What are you most concerned about?



Emotion

How are your emotions driving your actions and reactions?



Loss

What have you lost or are you worried you will lose?



Future

What do we want this to look like?