



Sanctuary at Glade Run Lutheran Services

The Sanctuary Model® is the way we organize our treatment and run our organization. It was developed over the last 20 years by Dr. Sandra Bloom for traumatized adults in inpatient hospital settings and has been adapted for residential treatment, school, group home, foster care, juvenile justice, outpatient and community based settings.

The goal is a deliberate shift in the understanding of how a traumatic life event or chronic stress affect our ability to relate to the world. So that when we confront a person who is struggling our approach changes from “what’s wrong with you?” to “what’s happened to you?” and “how can we help?” This approach changes the therapeutic relationship to offer communication and trust without judgment. Sanctuary is fluid and always focused in the present moment. By creating a safe environment which models this system we are thereby building steps for a successful future.

Goals of Sanctuary at Glade Run Lutheran Services:

- Create a collaborative therapeutic environment of physical, psychological and emotional safety, and acceptance
- Improve academic and therapeutic outcomes
- Increase sense of responsibility and belonging to the community
- Improve communication and behavior between staff and clients

Sanctuary toolkit provides practical techniques that can be applied to our every day life situations to promote healthy changes in how we manage and express our thoughts and feelings:

- Community meetings before and at the end of day to process goals and accomplishments
- Safety plans that reinforce emotional management
- Team meetings for staff to evaluate client progress and discuss the daily events
- Red flag meetings designed for teachers, staff, family and client to collectively address individual struggles
- Psychoeducation is part of the treatment to learn how emotions and experiences affect behavior and develop the skills to address them

Please visit our website for more information

www.gladerun.org

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