

**Counseling & Recovery**   
SERVICES OF OKLAHOMA   
*A Sanctuary Community*

# **Our Sanctuary Commitment**



## The Seven Commitments

The Sanctuary Model's seven commitments outline the way that staff and clients agree to interact with one another:

### **Emotional Intelligence:**

Managing feelings so we don't hurt ourselves or others.

### **Social Learning**

Respecting and sharing ideas and learning from each other.

### **Social Responsibility**

Agreeing to take care of ourselves and each other.

### **Democracy**

Everyone has a voice in decision making with input from all levels.

### **Non-violence**

Physical emotional, moral and social safety for ourselves and others.

### **Open Communications**

Saying what we mean and not being mean when we say it

### **Growth and Change**

Overcomng negative patterns produced by trauma creates hope for a better future.

# Sanctuary Language

Four concepts guide the way we work and speak with each other.

These concepts also organize the way clients heal and make progress in their lives.

Each letter in **S.E.L.F.** represents an important step in understanding and overcoming trauma:

**S = Safety** refers to physical, emotional, social and moral safety. These are the foundations for healing and growth.

**E = Emotions** focus on how we learn to identify, cope and manage with strong emotions related to our experiences. People who have experienced trauma often cannot identify how they feel. This is an important step to healing.

**L = Loss** refers to physical loss of a person, emotional loss such as a friend, spouse or family member, or loss of hope or trust. All change involves loss, and we cannot move toward the future without acknowledging and dealing with loss.

**F = Future** is adopting the belief that things can get better because we control our destiny.

Counseling & Recovery Services uses Sanctuary to create an environment where people can heal from the effects of trauma.

Trauma is an emotional response to a terrible event. Untreated trauma leads to unpredictable emotions and behavior, strained relationships and even physical symptoms. Some people have difficulty moving on with their lives without help.

Sanctuary changes our understanding of trauma and how it affects individuals and organizations.

Sanctuary teaches all of us to ask “What happened to you?” versus “What’s wrong with you?”

# Sanctuary Tools

We use tools every day to improve our quality of life. Sanctuary provides tools and activities to promote healing and build good habits for clients and staff.

## Community Meetings

The first phase of trauma recovery is creating safety and positive emotional connections.

By asking three questions, community meetings help clients and staff label and verbalize their feelings, identify goals and make connections with others:

How are you feeling today ?

What are your goals today?

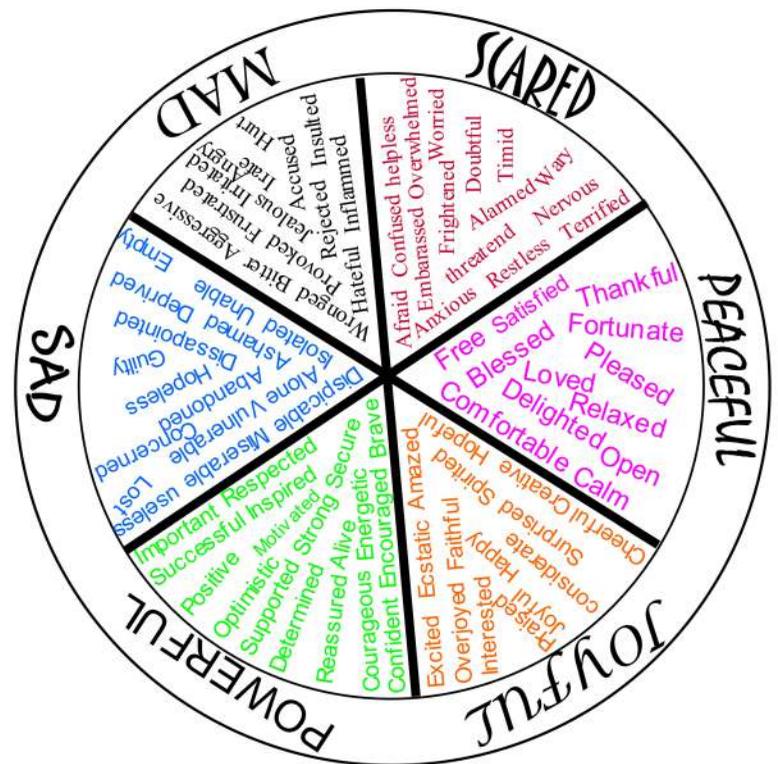
Who can you ask for help?

## Safety Plans

Every client and staff member creates, carries and uses a safety plan. These small cards outline simple things that we can do anywhere like taking a deep breath to handle stress, frustrations or anger.

## Self-Care Plans

This plan helps balance the demands of life with the need for mental, spiritual, physical and emotional health. Clients and staff write a list of activities to practice regularly to achieve this balance.



## Red Flag Meetings

Any client or staff member can call a red flag meeting to respond to a rising level of concern that the entire community must address. This meeting is solution-focused and includes a follow-up meeting to monitor success. This tool empowers staff and clients because it provides a process to give everyone an equal voice.