

## Sanctuary Plus (IRIS Project)

<b>Program Description</b>	<p>Sanctuary® Plus combines trauma-sensitive training (START) and a model for organizational change (Sanctuary®) to develop a safe, supportive, therapeutic community. The model includes a structured protocol (Real Life Heroes) for engaging children and caring adults with creative arts to develop the nurturing relationships necessary for trauma processing, rebuilding (or building) attachments, developing strength-based beliefs and affect regulation skills, and returning children and adolescents to family living. Sanctuary® Plus brings together these three models and implements components of evidence-based practices through community meetings, trauma-based psycho-educational groups, life story work, and trauma-informed staff working together with youths and families to develop effective social, affect management, and cognitive skills, to develop and implement safety plans for children in their homes and at the residential treatment center, and to reduce PTSD symptoms including aggressive and dangerous behaviors that necessitated residential placement.</p>
<b>Target Population</b>	<p>Children and adolescents placed in residential treatment centers and their families</p>
<b>Essential Components</b>	<p>Sanctuary® Plus integrates a model of organizational change (Sanctuary®), a trauma-informed, training-reorientation curriculum (START), and an activity-based life story approach to rebuilding attachments, establishing permanency, and reprocessing traumas (Real Life Heroes). Institutions are encouraged to build on children’s strengths, the needs and the strengths of each institution, and a commitment to nonviolent, democratic values.</p>
<b>Trainings &amp; Program Material</b>	<p>Integrated training is planned to condense a current nine-day program that includes START, Real Life Heroes, and Sanctuary with follow-up biweekly consultation. Program materials include <i>Real Life Heroes Practitioner’s Manual</i>, <i>Real Life Heroes Life Storybook</i>, detailed curriculum for START, and the training program and group activities for Sanctuary®. A training manual and guide books for Sanctuary® will be available by 8/05. Published references are available for Sanctuary and Real Life Heroes.</p>

<p><b>Outcomes/ Evaluation</b></p>	<p>Integrated model currently being tested at Parsons. Research findings available on Sanctuary from studies at the Jewish Board of Family and Children’s Services demonstrated effectiveness, and replications at Andrus and Parsons showed significant reductions in critical incidents and staff turnover reported at Andrus. Initial evaluations of START and Real Life Heroes have shown positive results.</p>
<p><b>Replications</b></p>	<p>Planned but not yet implemented.</p>
<p><b>Anecdotal Observations</b></p>	<p>Strong interest from several residential treatment centers (RTC) in the NCTSN and the RTC Working Group. Great enthusiasm at Parsons for development and implementation leading to rapid implementation in the RTC and also the Hellman school. Providing START training to staff greatly expedited training and commitment to adding the Sanctuary model. Participation in Sanctuary training, in turn, facilitated work by clinical and child care staff utilizing the Real Life Heroes curriculum.</p>
<p><b>Program Developers</b></p>	<p>Robert Abramovitz, Joe Benamati, Sandra Bloom, Karen Clark, David Cook, Brian Farragher, John Hornik, Richard Kagan, David McCorkle, and Caroline Peacock</p>
<p><b>Contact Information</b></p>	<p>Richard Kagan, PhD Parsons Child Trauma Study Center 60 Academy Rd. Albany, NY 12208 (518) 4262600 e mail: <a href="mailto:kaganr@parsonscenter.org">kaganr@parsonscenter.org</a></p>

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