

THE SANCTUARY TOOL KIT

The Sanctuary Tool Kit is a set of practical and simple interventions that reinforce the language and philosophy of The Sanctuary Model. These tools are daily practices for both staff and the people they serve to support an organisation's creation of an environment that mitigates the negative effects of chronic stress and adversity. The Sanctuary tools are adapted and individualised for organisations based on the services they provide and the population they serve. Below is a sample of some of the Sanctuary Tool Kit.

TOOL	DESCRIPTION
Community Meetings	A set of three questions that are posed to each member of a group to start all meetings. The questions are designed to advance enhanced organisational functioning by promoting feelings identification, a focus on the future rather than a tendency to focus on the past and a sense of connection with other members of the community.
Red Flag Reviews	A response to critical incidents that follows a protocol that promotes involvement from a wide range of community members, focuses on solutions rather than problems and creates a system for accountability and action.
Safety Plans	Visual reminders of emotion management practices represented as a list of activities, techniques or skills on a card. The card is carried and used in situations that may trigger unproductive reactions.
Sanctuary Psychoeducation	Educational materials and activities that instruct community members about the effects of adversity on the brain, techniques for managing these effects and strategies for creating healthy dynamics in groups.
SELF Care Planning	A framework for creating individualised plans for the people who are served by an organisation that balances demands of care with the need for mental, spiritual, physical and emotional replenishment and renewal.
Sanctuary Core Team	A selected group of people within the organisation who serve as the primary vehicle for roll out of the Sanctuary implementation process by modelling the values and practices, monitoring completion of implementation tasks, and addressing organisational problems.