



**MacKillop
Family
Services**

Sanctuary Model

Evidence base
July 2018



SANCTUARY INSTITUTE AUSTRALIA



Sanctuary Model

Evidence base

Sanctuary Model Evidence – General Application

The Sanctuary Model is a theory-based, trauma-informed, evidence-supported (National Child Traumatic Stress Network, 2008; Rivard, Bloom, McCorkle, & Abramovitz, 2004), whole-culture approach that has a clear and structured methodology for creating or changing an organisational culture.

Snapshot:

- **Sanctuary Model: the only organisational and clinical intervention recognised by the National Child Traumatic Stress Network**
- **Achieved a Scientific Rating of 3 – Promising Research Practice - California Evidence Based Clearinghouse for Child Welfare 2011**
- **Awarded the 2011 Council on Accreditation’s Innovative Practices Award. Council of Accreditation (2011) Innovative practice Case Studies**
- **Current largest scale implementation in major US State Juvenile Justice system in secure, medium-secure and non-secure 2006 – current**

Research demonstrates that people who have experienced adversity can be resilient if they are connected to positive, caring service providers (Harney, 2007; Larkin, Beckos, & Shields, 2012).

The Sanctuary Model is rated a “3 - Promising Research Evidence” on the California Evidence-based Clearinghouse for Child Welfare Scientific Rating Scale, based on the published, peer-reviewed research available. To gain this rating a practice must have at least one study utilising some form of control e.g., untreated group, placebo group, matched wait list study, establishing the practice's benefit over the placebo, or found it to be comparable to or better than an appropriate comparison practice (California Evidence-Based Clearinghouse (CEBC), last reviewed 2015).

In separate US studies, (Rivard et al., 2005; Stein, Sorbero, Kogan, & Greenberg, 2011) research demonstrated that Sanctuary is a promising approach for creating a healthy environment that promotes emotional health and well-being for staff and service users.



The Sanctuary Model was awarded the 2011 Council on Accreditation's Innovative Practices award (US).

Australian Evidence supporting implementing Sanctuary Model

Clarke, Annaley (2013). *Sanctuary in action*. Children Australia, 38(3): 95-99.

Churches of Christ Care Pathways share their experience of implementing the Sanctuary Model within the Australian out-of-home care context.

Clarke, Annaley (2012). *Why the Sanctuary Model?* Developing Practice: The Child, Youth and Family Work Journal, No. 31: 53-61.

Churches of Christ Care Pathways, has implemented the Sanctuary Model across all of its services in Queensland after an extensive search for an appropriate therapeutic model for it's out of home care services.

Clarke, Annaley (2011). *Three Therapeutic Residential Care Models, the Sanctuary Model, Positive Peer Culture and Dyadic Developmental Psychotherapy and Their Application to the Theory of Congruence*. Children Australia. 36(2): 81-87.

This article outlines the three Therapeutic Residential Care Models, including the Sanctuary Model, focusing on the principles, strategies, current implementation and research related to each.

Evidence supporting implementing the Sanctuary Model in schools

Spicer, Matthew & Burton, Veronica. (In Press) Setting up a “whole of culture” trauma informed care model in Australia. In R. Benjamin, J Haliburn & S. King (Eds.), *Humanising Mental Health Care in Australia - Introducing a Trauma Informed Approach*. Routledge, England.

This chapter describes the Sanctuary Model along with its key elements (Pillars), its application within a Victorian school. Efficacy of the model and broad application as a trauma-informed model for organizational and cultural change is also discussed.

Hargreaves, M. B., Cabaj, M., White, A., and Jones, J.A. (2017). *Change in Mind Overview, Findings, and Lessons Learned. Brief 1. Change in Mind: Applying Neurosciences to Revitalize Communities*. Washington, DC: Alliance for Strong Families and Communities.



Sanctuary is referred to as a sound trauma informed model, based on neuroscience.

Blitz, L, Yull, D, Claus M. (2016) *Bringing Sanctuary to School-Assessing school climate for culturally responsive Trauma-Informed approaches for Urban Schools*. Binghamton, NY: Urban Education. 1-30, 2016. Sage.

Disproportionately negative education outcomes for students of color and those who are economically disadvantaged can be understood as manifestations of negative racial school climate and inadequate responsiveness to students' trauma. As part of a school-university partnership to inform culturally responsive trauma-informed pedagogy, this study assessed the climate of a racially diverse high-poverty elementary school. Findings explored the application of the trauma-informed Sanctuary Model to address students' trauma and a social justice response for urban education.

Blodgett, Christopher, and Dorado, Joyce. (c2016). *A Selected Review of Trauma-Informed School Practice and Alignment with Educational Practice*. Washington State University.

The authors reviewed research supporting trauma-informed practices in schools including findings about adverse childhood experiences (ACEs), social emotional learning and the critical role of staff, then reviewed current trauma-informed school models, including the Sanctuary Model, finding that it explicitly builds on an evidence-based therapeutic tradition that makes it distinctive compared to other strategies for addressing trauma-specific or trauma-informed care in schools.

Chafouleas, S. M., Johnson, A. H., Overstreet, S., & Santos, N. M. (2016). Toward a blueprint for trauma-informed service delivery in schools. *School Mental Health*, 8, 144-162. DOI 10.1007/s12310-015-9166-8. ([full text available from ERIC](#))

The authors examined many trauma-informed approaches across a range of systems to develop a trauma informed, multitiered framework for trauma-informed service delivery in schools. Positive findings are identified for the Sanctuary Model implemented in youth residential settings and they outline successful findings from trauma-informed schools very similar to those of our MacKillop Sanctuary schools.

Quadara, A. and Hunter, C. (2016) *Principles of Trauma-informed approaches to child sexual abuse: A discussion paper*, Royal Commission into Institutional Responses to Child Sexual Abuse, Sydney.



Sanctuary Model referred to as an acknowledged organisational trauma informed approach requiring further investigation of efficacy in school settings.

McInerney, M & McKlindon, A. (2014) [Unlocking the Door to Learning: Trauma-Informed Classrooms & Transformational Schools](#)

The Sanctuary Model is a recommended trauma-informed model:

In Pennsylvania, the Sanctuary Model has been implemented in residential and public schools. The Pace School, an approved private school and partial hospitalization program in Pittsburgh, reported an increase in student attendance and an increase in the percentage of students meeting or exceeding benchmark targets in math and writing following implementation of the Sanctuary Model.⁵⁹ The Sanctuary Model is also utilized by several residential programs with on-site schools, including Wordsworth and Carson Valley Children's Aid.⁶⁰ Highlands School District in Allegheny County, Pennsylvania was the first public school district in the United States to implement the Sanctuary Model in all of its schools. (Page 11)

The Sanctuary Institute. (c2015). *Improving public education by creating sanctuary in schools: a response to stress and trauma in children and adolescents growing up in poverty*. Yonkers NY: Andrus Centre for Learning & Innovation. (Provided with permission to disseminate widely)

The Andrus Centre for Learning and Innovation (US) Sanctuary In Schools pilot studies reported a 90% decrease in critical incidents within the first six years of Sanctuary implementation, along with a 54% increase in average numbers of students served. Critical incidents per child showed an even more dramatic reduction, dropping from an average of 61 per child in the first year of implementation, to an average of four incidents per child. In the same period, physical restraints dropped by 84% and 64% of students achieved 'ambitious' levels of reading improvement (Banks and Vargas, 2009).

MacKillop Education Evidence

MacKillop Education Services fully implement the Sanctuary Model through a range of programs to enhance educational outcomes for children and young people who are disengaged or at risk of disengaging from education. Education services are offered across the western region of Melbourne and at two campuses, Primary to Year 12 including VCAL in Geelong, since 2014 and a Primary school program in Maidstone, since



the beginning of 2017. These services accept referrals from schools, Department of Health and Human Services, Catholic Education, Department of Education, mental health services and families.

Evidence from the MacKillop Geelong School of strong measurable growth in wellbeing and learning, alongside significant decreases in critical incidents, support the findings from US Sanctuary Schools.

MacKillop Education - Critical Incidents

Evidence of decreasing critical incidents is provided in the table above from the MacKillop School in Geelong (Primary, Secondary and VCAL), over the years of Sanctuary implementation from 2014 to 2017. Critical incidents reduced by 80% to July 2017, as compared to the number of critical incidents in 2015. These figures were achieved during an intense period of significant student population growth where student numbers increased from 32 in 2014 to 77 in 2017.

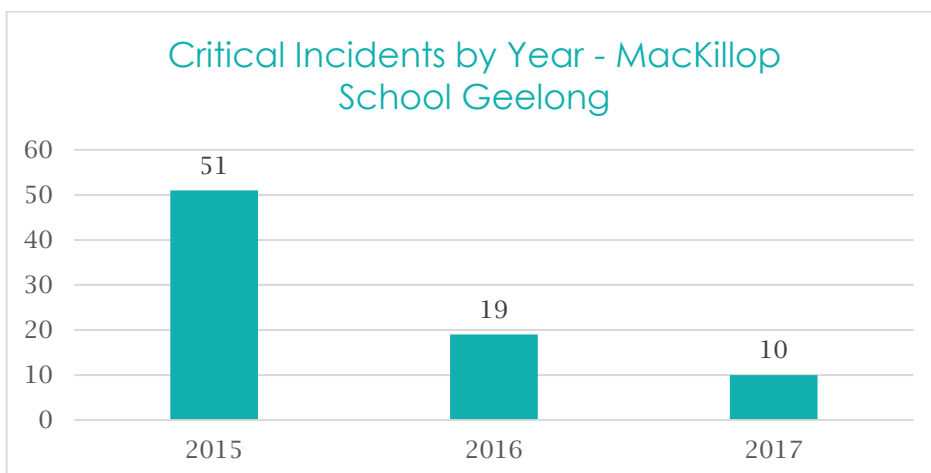


Table 1. Critical incidents reduced by 80% between 2015 and July 2017.

MacKillop Education - Academic Growth

Reading and numeracy growth is measured by the ACER online Compass Test at MacKillop Schools. Compass is aligned to the Australian Core Skills Framework (ACSF), the common national reference point for describing performance in the core skill areas. Of the 25 students(10 Primary and 15 Secondary), for whom we have repeated test scores, the average growth in Reading scores over the time of enrolment, as at June 2017, was 12%, while the average growth in Numeracy scores over the time of enrolment, as at June 2017, was 8%.

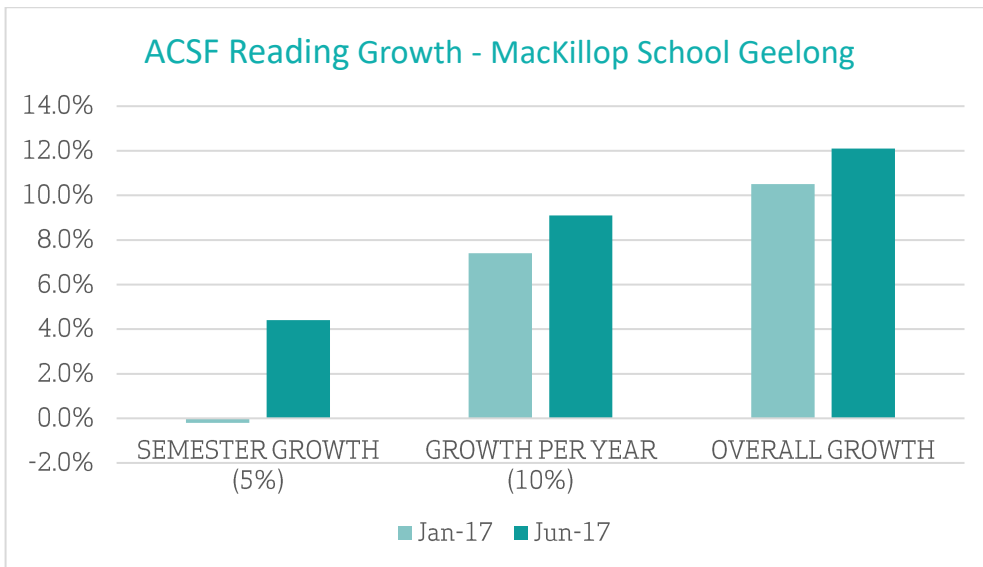


Table 2. The average growth in Reading scores over the time of enrolment was 12%.

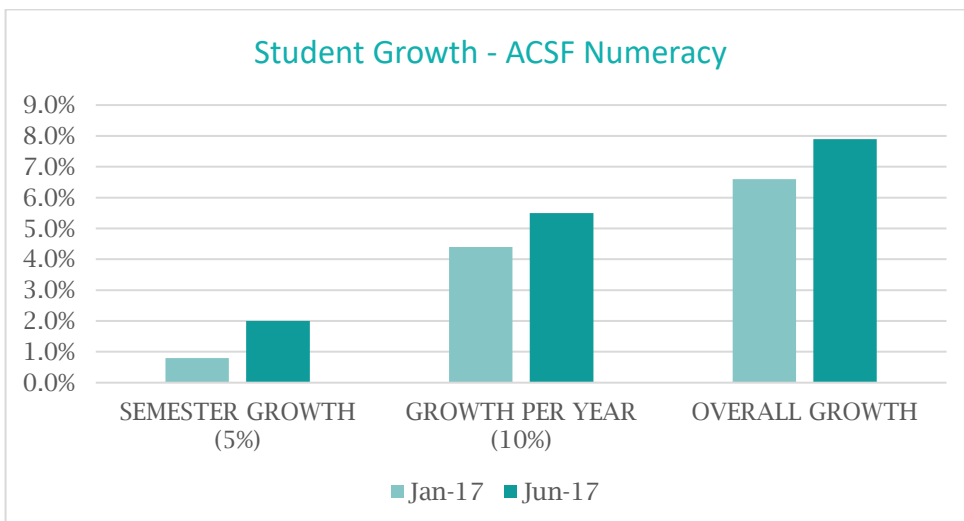


Table 3. The average growth in Numeracy scores over the time of enrolment was 8%.

MacKillop Education - Wellbeing Growth

Wellbeing is measured by a Survey tool developed by MacKillop Education Services to collect “point in time” safety, social, emotional and learning confidence responses from students through a series of questions about subjects including self-worth, identity, decision-making, self-determination, friendships, values, thinking habits and emotions.

Of the 25 students (10 Primary and 15 Secondary) for whom we have repeated surveys at June 2017, the overall average growth in self-reporting of Wellbeing was 9% for students over the time of their enrolment. The largest growth by category was Emotional



Wellbeing (9%) followed by Safety (6%), while Social Wellbeing and Learning Confidence both grew by 5% over the time of enrolment.

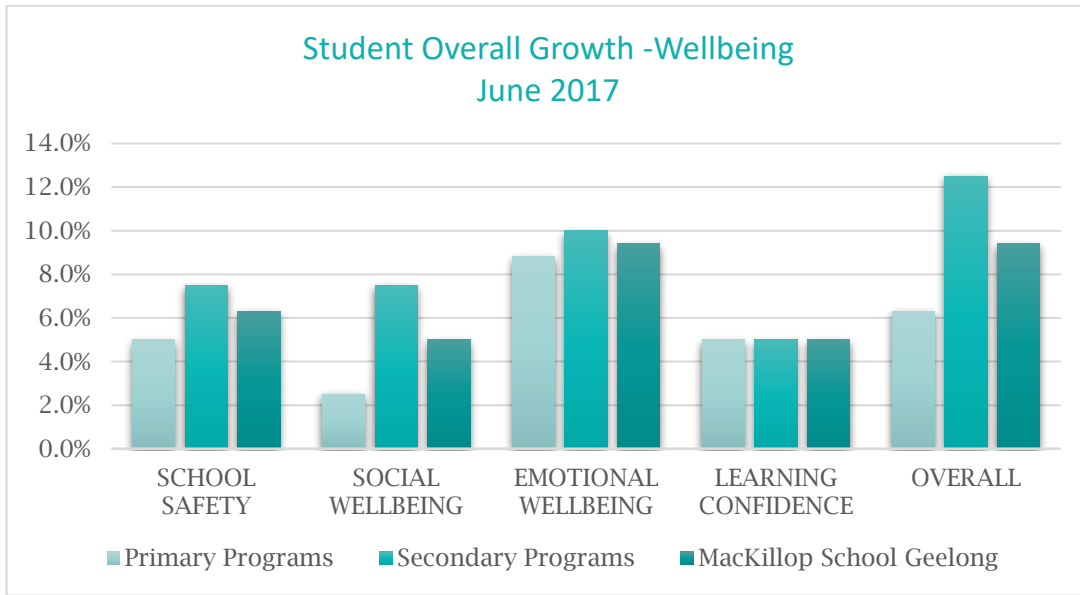
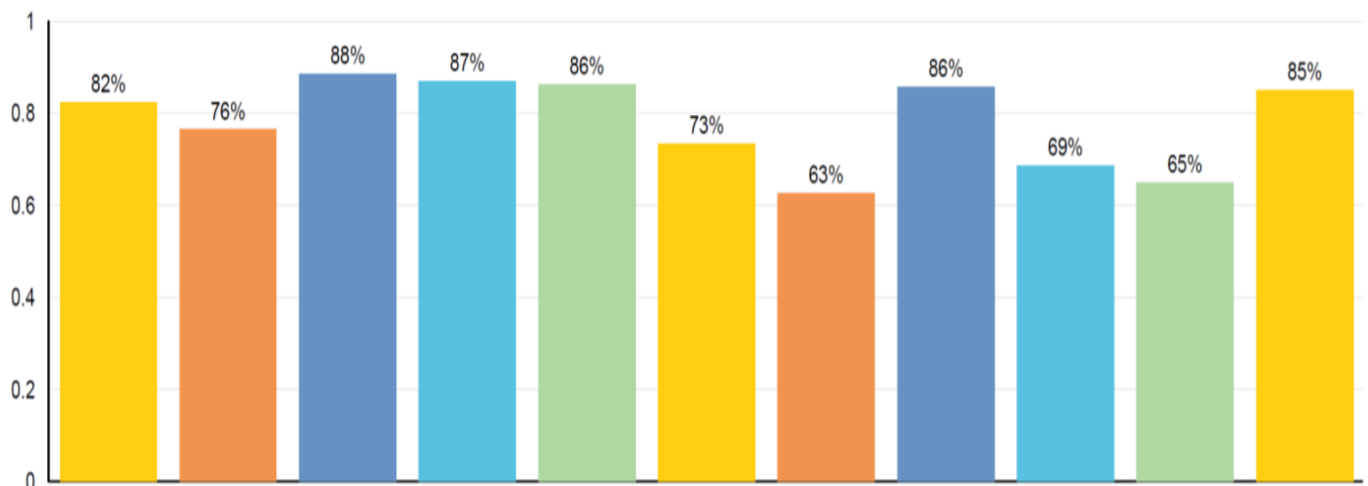


Table 4. The overall average growth in self-reporting of Student Wellbeing was 9%.

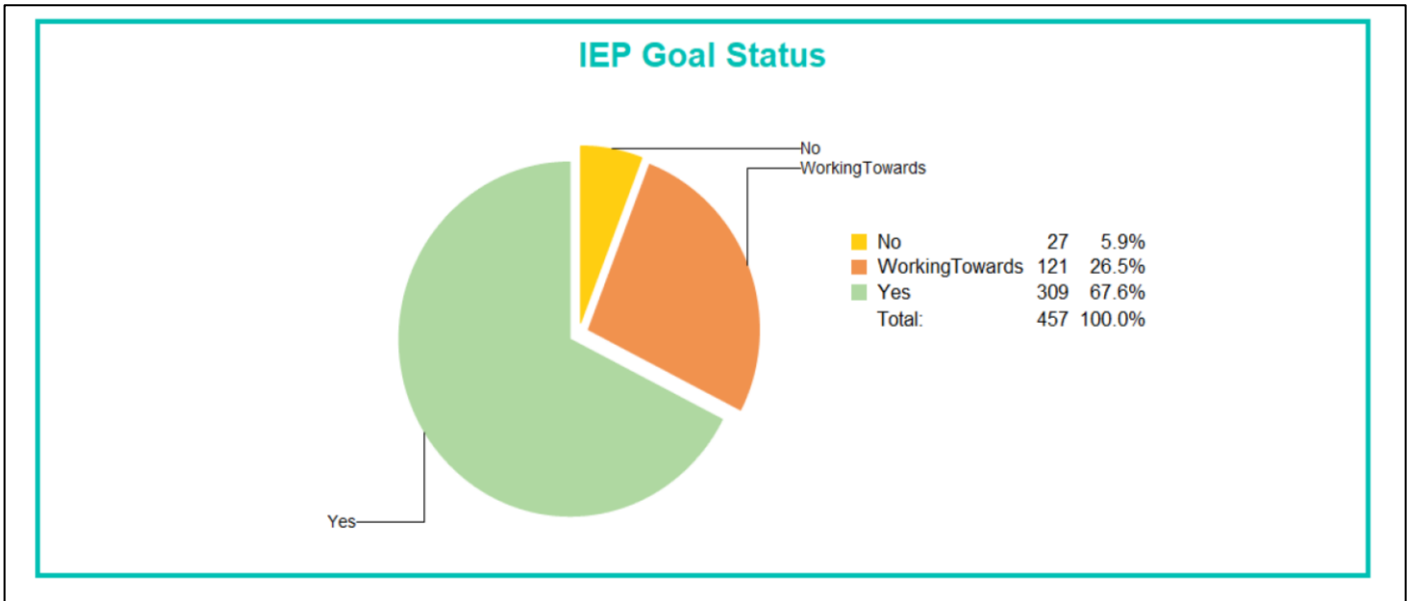
Mackillop Education – Attendance Growth

Students entering the MacKillop School programs have an average attendance of 50% from their previous schools (data collected since 2017). The average attendance in MacKillop School programs is currently at 78%.

School Attendance



Individual Education Plan Goals



Across all programs during Term 1 2018, 94.1% of Individual Education Plan Goals were successfully achieved or will continue to be worked towards in Term 2.

Other evidence that Sanctuary works

James, S. (2010). *What works in group care - A structured review of treatment models for group homes and residential care.*

The Sanctuary Model is reviewed among five four other treatment models for children involved in the US child welfare system. The review provides an overview, the models' treatment features and evidence for effectiveness.

Kramer, M.G. (2016). *Sanctuary in a residential treatment center - Creating a therapeutic community of hope countering violence.*

This paper outlines how and why the Sanctuary and SELF models effectively decreased trauma symptoms in a controlled group of court-committed male adolescents in a residential treatment program.

Mortell M., Gullo C., & Winsten P. (2014). *Strategy, Sanctuary and Turnaround. In Making Strategy Count in the Health and Human Service Sector: Lessons Learned from 20 Organizations and Chief Strategy Officers.* New York: Springer Publishing pp.109-134

This chapter features two perspectives on the Sanctuary Model: a practical case study on strategy, redesign and turnaround of a human services agency in New York, from the CEO successfully implementing the Sanctuary Model; also included is an article describing the



theoretical framework of the Sanctuary Model from the peer-reviewed journal Families in Society: The Journal of Contemporary Social Services.

Rivard, J.C., Bloom, S. L., McCorkle, D. and Abramovitz, R. (2005). *Preliminary results of a study examining the implementation and effects of trauma recovery framework for youths in residential treatment.* Therapeutic Community: The International Journal for Therapeutic and Supportive Organizations 26(1): 83-96.

This paper describes preliminary findings of a study, which examined the implementation and short-term effects of the Sanctuary Model® (Bloom, 1997) as it was being integrated into residential treatment programs for youth.

Yanosy, Sarah. (2011). *The Sanctuary Model: Innovative Practice.* Yonkers NY: Andrus Centre for Learning & Innovation. (Provided with permission to disseminate widely)

Online Sanctuary Model Evidence

Sanctuary Web (by Dr Sandra L. Bloom) provides online resources and publications on the Sanctuary Model. On this site, you can access publications written by Sanctuary Co-Founder Sandra Bloom, as well as external reviews and articles.

<http://www.sanctuaryweb.com/Publications/PublicationsbyTopic.aspx>