

The Four Pillars: Sanctuary Toolkit



Shared Practices:

Common rituals & practices to reinforce our knowledge, values, & language.

- 1. Training** Builds shared understanding & shared language; sets expectations & enhances accountability.
- 2. Core Team** Guides implementation, conduit for information, champions & greatest critics of the model.
- 3. Community Meetings** How are you feeling? What is your goal for today? Who will you ask for help?
- 4. Coping Plan** A list of activities that a person can choose from when feeling overwhelmed to avoid engaging in unsafe behaviors.
- 5. Psychoeducation** How we help the the people we serve learn about trauma.
- 6. Service Planning** Meeting that allows group to evaluate goals, identify struggles, & measure progress.
- 7. Supervision** Protected meeting time between employee & supervisor to discuss performance, development, & provide updates.
- 8. Team Meetings** Active, focused meetings where each member feels safe talking and listening, is engaged, & contributes.
- 9. Red Flag Reviews** Community responses to critical incidents or used to identify collective disturbances.
- 10. Self Care** A list of activities we do on a regular basis to help us build resilience in key areas of our lives.



Palm Beach County
Board of County Commissioners

