



Sanctuary at CRC

The Sanctuary Model is based on the idea that everyone has been through some kind of adversity or stress. Such experiences can overwhelm our ability to cope. They shape who we are and how we behave and feel, even long after the adversity is over. Understanding ourselves from this perspective is the first step toward healing and growing. The Sanctuary Model gives us a plan for how we approach treatment and organize the work we do. We believe it makes CRC a place where people can find joy, creativity, empathy, comfort, and hope.

S.E.L.F. is a simple language we can all share that helps us make sense of complicated issues and organizes the way we think about change. S.E.L.F. stands for *Safety* (physical, psychological, social, and moral), *Emotions Management*, *Loss*, and *Future*. We use this language when we work together with your family to develop a plan for services and to coordinate within our team and with other service providers.