



SANCTUARY

CMHU staff and patients participate in our Sanctuary Model. Sanctuary provides a structure which will help change behavior, and thinking. The Sanctuary Model will help CMHU create a SAFE and NONVIOLENT environment for patients and staff.

SANCTUARY LANGUAGE, COMMITMENTS AND VALUES

All patients and staff will follow the S.E.L.F frame work. This will help guide the way staff work as well as the way patients meet their goals. These four areas will help us focus of recovery. S.E.L.F stands for:

Safety-physical safety, emotional safety, social safety, and moral safety. We will start and end the day with addressing safety.

Emotions- Managing emotions helps us to know what we are feeling and how to handle our feelings while remaining safe.

Loss-Acknowledging and grieving painful things that may have happened and learning safe ways to move towards a healthier future.

Future-Looking at our choices to create a better personal future.



THE 7 SANCTUARY COMMITMENTS

1. **Nonviolence:** You will be asked to sign the Zero Tolerance for Violence Policy prior to admission. Being safe physically, emotionally, and to make good moral choices.
2. **Emotional Intelligence:** Emotional Intelligence helps us understand the relationship between our patient's difficult experiences, their emotions and behaviors. This promotes better understanding when we are responding to you while keeping those experiences in mind.
3. **Social Learning:** Building and modeling mental, emotional and intellectual skills and reinforcing behavior.
4. **Democracy:** Shared decision making. Modeling skills of self-control and self-discipline to help carry out your decisions.
5. **Open Communication:** Saying what we mean and meaning what we are saying! Openly sharing emotions and feelings, interpersonal communication and organizational issues.
6. **Social Responsibility:** Everyone makes a contribution to the culture and together we can create positive environments.
7. **Growth and Change:** Restoring hope, meaning and purpose.





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CLAXTON-HEPBURN
MEDICAL CENTER