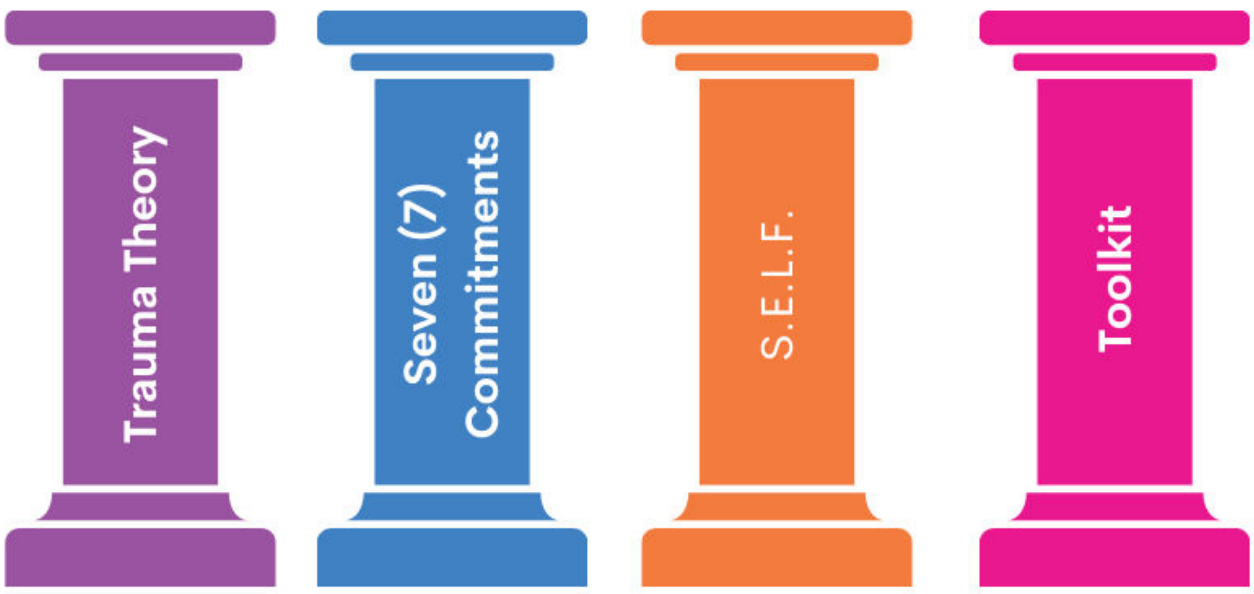
Sanctuary Terminology:
Four Pillars

The pillars are the foundation that holds up a trauma-focused culture.

All four must be functioning well in order for progress to take place.



Trauma Theory
Shared Knowledge

We all have the same base of trauma knowledge & ACEs. "What happened to you" not "what's wrong with you."

7 Commitments
Shared Values

We all agree to commit to a set of values & moral beliefs. Holding ourselves & others accountable.

S.E.L.F.
Shared Language

We use a common language to discuss issues, solve problems, & plan for the future.

Toolkit
Shared Practices

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

Palm Beach County
Board of County Commissioners