



## **VisionQuest National, Ltd.**

### **The Sanctuary Ranch**

#### **Overview**

Exposure to trauma is a complex public health concern. Trauma has emerged as one of the most substantial upstream causes of health ailments in our world and is now being considered a crucial determinant of many difficulties later in the life course. Research demonstrates a strong association between exposure to adverse childhood experiences and later life health and well-being. These difficult issues merit an innovative, comprehensive and integrated treatment approach. The Sanctuary Ranch provides quality holistic services in a residential setting delivered through an integrative and therapeutic milieu. Differentiating therapy approaches are offered through a trauma informed lens. Provision of interventions are delivered within a nine-month window with the primary goal of stabilization for clients and to reach individualized permanency goals. The average length of stay is six months. Discharge goals include family reunification, kinship placements, foster care, or supervised independent living.

#### **Population**

The Sanctuary Ranch serves female survivors of human trafficking ages 12-18.

#### **Services**

Girls will have individual treatment-based service plans and individual schedules. All programming will be on site and therapeutically minded. Youth placement in the program is estimated to be 6-9 months. Discharge planning will start at intake, with focus on providing opportunities to continue growth and improvement in the least restrictive environment with successful stabilization in our program.

#### **The Sanctuary Model®**

The Sanctuary Model is a theory-based, trauma-informed, evidence-supported, whole culture approach that has a clear and structured methodology for creating or changing cultures in response to trauma. VisionQuest uses the Sanctuary model as an overarching framework within the fabric of our entire service delivery methodology. The environment created through Sanctuary's philosophical underpinnings encourages clients to begin to heal from adverse experiences. This is an evidence supported systematic approach towards trauma informed care.

Sanctuary's Trauma Informed Psychoeducational Group Curriculums are designed to provide clients with an easy to use and coherent cognitive framework that can create a change momentum. The Sanctuary model is designed to be used as a compass through recovery that can help guide individual treatment, staff decision making, and team treatment planning. Groups guide girls in how to think differently about their problems, organize the changes they needed to make into more manageable bundles, help them develop pattern recognition for the ways in which their present circumstances related to past experiences and help to develop resiliency.

### **Education**

VisionQuest will enroll youth in Florida Virtual School to provide age-appropriate educational services. Florida Virtual School is a fully accredited online school which provides personalized learning. For each time a child has moved schools, it is estimated that they lose six months of education. Our youth will require support, accurate assessment of current needs and grade placement, and flexible options to assist them in becoming successful students.

### **Health and Wellness Education**

The Sanctuary House Health and Wellness Center provides comprehensive holistic health services to assist the youth on their path to recovery. In addition to access to comprehensive medical and dental care; youth will have health and sexual education services, exercise programs, beauty, hygiene, and other self-care services. VisionQuest works diligently with outside service providers in order for the youth to have a wide array of exposure to groups and activities to benefit their health and wellness.

### **Life Skills**

Teaching life skills is an essential part of ensuring girls' success when they transition to adulthood and independence. VisionQuest utilizes the Casey Life Skills (CLS), which is a tool that assesses the behaviors and competencies youth need to achieve their long-term goals. Youth entering the program will take the CLS assessment, which identifies areas of strength and needs in permanency, daily living, self care, housing and money management, work and study life, career and education planning, and looking forward. Life skills groups are conducted weekly by staff, complimenting BHOS skills given daily. Life skills instructors facilitate individual and group lessons geared at helping youth obtain skills in identified areas. Additionally, the program is designed to engage girls in everyday living, so they naturally acquire life skills such as dishwashing, meal planning, cooking, laundry, budgeting, planning setting up a bank account, or balancing a checkbook.

### **Social Skills**

As a program providing Behavioral Health Overlay Services (BHOS) staff will complete a BHOS social skill group for youth daily. Social skills compliment life skills and the overarching goals of the program. Youth learn about social boundaries, compromising, healthy relationships, communication styles, and socially appropriate coping skills to name a few. For many youths in our program, their exposure to social situations beyond their age and development has been traumatic. Social skill groups can help identify social situations to avoid and how to remain safe in relationships with others, which has been a challenge before.

### **Therapeutic Approaches:**

VisionQuest is committed to offering the most efficacious and effective therapeutic services possible for the population served. Evidence based programming will include the following:

#### **Trauma-Focused Cognitive Behavioral Therapy ® (TF-CBT)**

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a psychotherapy model designed to treat posttraumatic stress and related emotional and behavioral problems in children and adolescents. Components of the treatment model include psychoeducation and parenting skills, relaxation skills, affect expression and regulation skills, cognitive coping skills and processing, trauma narrative, conjoint parent-child sessions, and enhancing safety and future development. TF-CBT requires clinicians to be trained and receive regular supervision by outside clinicians and practitioners.

#### **Rapid Resolution Therapy®**

RRT is an immediately effective, revolutionary and holistic psychotherapeutic approach to healing and positive behavioral change. RRT works to eliminate emotional pain and destructive behavioral patterns and resolve the psychological and physiological effects of trauma. RRT works with the understanding that the subconscious controls emotions, desires, memory, habits, thoughts, dreams and automatic responses. RRT believes that one may consciously understand the value of eliminating problematic emotions, thoughts or behaviors but unless the subconscious mind is reached, enduring change is unlikely. RRT therapists work to engage the subconscious mind and eliminate the ongoing influence from troubling past events. From here RRT works to release blocked energy and facilitate healing. RRT works to replace negative habits and painful emotions with positive actions and feelings of well-being. Potential certification

#### **Expressive Arts**

Expressive arts activities allow healing through different artistic modalities. Each client's individual experiences provide a unique narrative for a culturally dynamic approach to trauma and healing. Self-expression is an important treatment aspect that, as part of a holistic approach to service delivery, can be integrated

into healthy outlets and coping skills. Dance activities will be completed by an independent contractor on a weekly basis.

### **Equine Programming**

VisionQuest uses horses as a medium to help girls understand self-awareness and positive relationship formation. Equine programming, both *Round Pen Training* and *Equine Assisted Therapy*, are powerful and effective therapeutic approaches that have an incredible impact on individuals and groups. These approaches involve creating a connection between the girl and horse through grooming, handling, and general interaction. While staff uphold the high standards of equine safety, equine programming is about both developing a therapeutic relationship with a horse and offers a unique opportunity to explore oneself from within. Staff use the horse as a therapeutic medium to allow girls to explore their psychological, emotional, and educational past and present. Equine therapy addresses a variety of mental health and human development needs including behavioral issues, attention deficit disorder, PTSD, substance abuse, eating disorders, depression, anxiety, relationship problems and communication needs.

### **Service and Treatment Plans**

Service and activities each youth engages in will be outlined on their service plan. Treatment approaches and methodologies will be documented on their treatment plans. Service and treatment plans work in coordination to provide an effective and vast network of services for the youth.

Monitoring effectiveness of the program is important to VisionQuest. We will use outcome measurements, such as the Children's Functional Assessment Rating Scale (CFARS) to track improvements. VisionQuest uses the data system Care4 to monitor the effectiveness of the program through the measurement and tracking of both process and final outcomes.

By building a number of screening tools into an outcome tracking system, VisionQuest can monitor various components of its overall program on an ongoing basis as well as for reporting purposes.

### **Partners**

To make this program successful, VisionQuest is partnering with the following individuals and organizations:

**Dr. Jon Connelly** is the founder and developer of Rapid Resolution Therapy®, a revolutionary psychotherapeutic approach to emotional and behavioral difficulties. He is the author of *Life Changing Conversations – The Power of Transformational Communication*, which demonstrates that dramatic therapeutic breakthroughs can be facilitated in a single psychotherapy session.

Dr. Connelly is the founder of The Institute for Survivors of Sexual Violence, a non-profit (501C3) organization providing mental health professionals with state of the art training in advanced clinical methods of eliminating the negative influence of trauma. He holds a doctoral degree in Clinical Pastoral Counseling and has over 30 years of experience working with individuals and training professionals as well as board certification in psychotherapy, sex therapy, hypnotherapy, behavioral medicine, clinical social work and chemical dependency counseling.

**Care4 Software** is a software system that provides the ability to fill out assessments and screening tools, customize activities to meet individual needs, and monitor the success of a program on a daily basis, as well as track long term outcomes. It includes member management, group administration, drag and drop design, reporting, custom feedback charts, nightly data backups and offsite data backups,, 128-bit data security, data downloads, common charts and graphs, easily assessment design, Web 2.0 user experience, daily usage viewing, appointment scheduling, intuitive user experience, online support and professional academic counseling.

### **Aftercare Planning:**

Discharge planning begins at intake. VisionQuest will work closely with child placing agencies and the Department of Child and Family Services in developing a successful discharge plan. In order to provide an effective continuum of care, VisionQuest aims to become a child placing agency so we can effectively transition girls to supervised independent living, family reunification, and foster family placement. We are doing this in efforts to provide a stable, effective and individualized discharge planning process for each girl.

### **Staffing:**

A Chief Director will oversee a Program Director, in turn assisting in supervision of Case Managers, Therapists, a volunteer coordinator/HR representative, Shift Supervisors, contracted instructors, horse wranglers and Child Caregivers. Caregivers will be recruited from various backgrounds and fields of experience to provide a well-balanced and comprehensive environment. At a minimum, ratios will be 1:4 for daytime activities and 1:4 during the night.

There is one staff house located on the campus. Any staff living on the grounds will be aware of and subject to all policies and procedures related to choosing that accommodation. In addition to following all employee handbook expectations, staff living on the property will have additional rules to protect themselves and the safety of the youth residing in the program. Staff living on site are to keep rooms and vehicles locked, there are no visitors on grounds, and

may not interact with the youth in the program when not scheduled without clocking in and following all employee regulations.

**Safety and Security:**

Safety is our most important priority. Due to the unsafe situations many of these youth have experienced, we have increased our monitoring and security on the property. There are security cameras located in the general living areas of both residential homes, and outside the homes and administration building. There are floodlights located on the outside of both residential homes, set to automatically turn on when it gets dark. There are two gates to pass through, requiring security codes, before getting on to the main campus area. These steps have been taken to assist in keeping youth safe and diminishing unauthorized individuals from entering the site and interacting with the children.