



HYS Holiday Newsletter

*Happy holidays from
our family to yours!*

Harborcreek Youth Services recognizes that the holidays can be a difficult time for families when they are separated from their loved one.

We consider you to be an important part of 'our family'. We would like to ease this burden by sharing with you some of the things we are doing with the young men placed in our care.

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Our Tradition

1. All our units are busy decorating their living space with holiday items. One unit will be awarded something special for the most effort and spirit shown.
2. Our kitchen is planning a special holiday dinner with traditional Christmas foods to celebrate the season.
3. Spirituality is respected and includes religious services combined with the traditional singing of Christmas carols.
4. Many of our office workers gather together to fill Christmas stockings for each and every resident to make sure that all our young men receive a Christmas gift. Residents who are fortunate to earn their home pass for the holiday, will receive their stocking upon their return to HYS.
5. HYS purchases one large item for each unit as a 'unit Christmas present' that is shared by everyone in that unit.

In March, 2008, Harborcreek Youth Services began implementation of the Sanctuary Model of Care. Through this process we organized practices using four pillars: Trauma Theory, the SELF Model, the Seven Commitments, and the Sanctuary Toolbox.

Our measurement of progress came to fruition with official certification in April, 2011. The following page is a list of commonly used Sanctuary terms you will hear when visiting our agency and/or talking with your loved one in placement with us.





Commonly used Sanctuary terms



Sanctuary: A trauma-informed method for creating or changing an organizational culture to effectively provide context within which healing from a traumatic experience can be addressed.

Trauma: An experience that causes extreme emotional shock and may have long-lasting psychological effects.

Community Meeting: A tool within the model used to create a therapeutic community in which a trauma -informed culture may be developed and maintained.

Safety: A concept which includes physical, psychological, moral, social, and emotional dimensions.

7 Commitments: A set of shared values that promote healing from trauma.

SELF: Four steps (safety, emotion, loss, future) that guides the way we work and the way children heal and make progress in their lives.

Safety Plan: A commitment to safety; a list of steps one can take when feeling overwhelmed or when symptoms are distressing.

Self-Care: Personal self maintenance; an activity of an individual, family, or community with the intent on improving or restoring health.

Red Flag Review: Meetings that are held when critical incidents occur and involve staff at all levels.

Reenactment Triangle: A term used to describe the lingering behavioral enactment and automatic repetition of the past.

We hope that we have lessened the burden of a difficult time by sharing with you the care and concern we have for each and every resident entrusted in our care.

Merry Christmas and Happy New Year from all of us at Harborcreek Youth Services.

May peace and love fill your home this holiday season.

