

# Creating Sanctuary In the Columbia Gorge







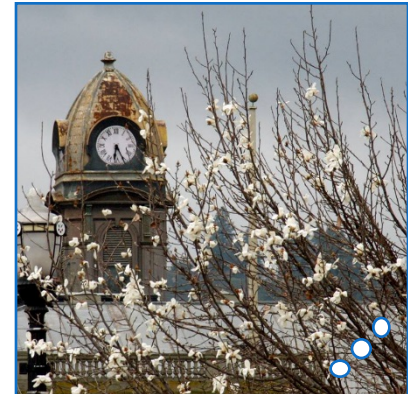
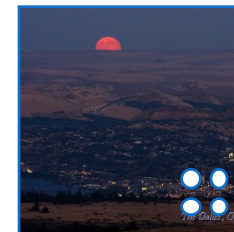
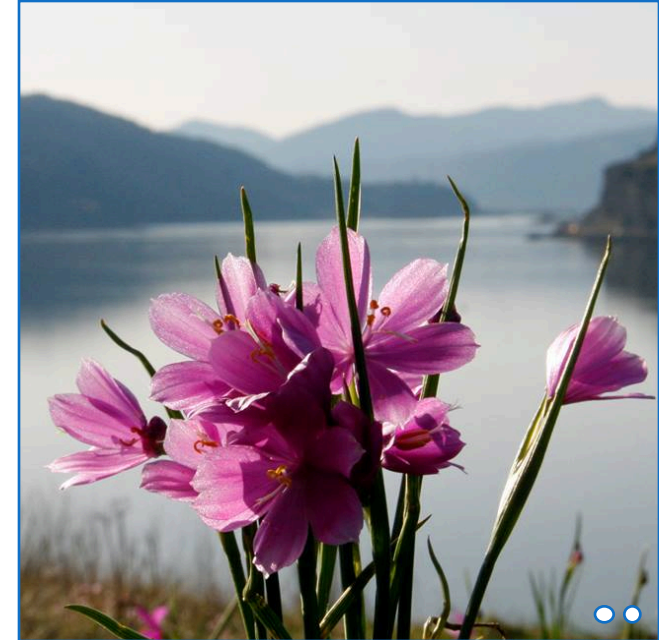
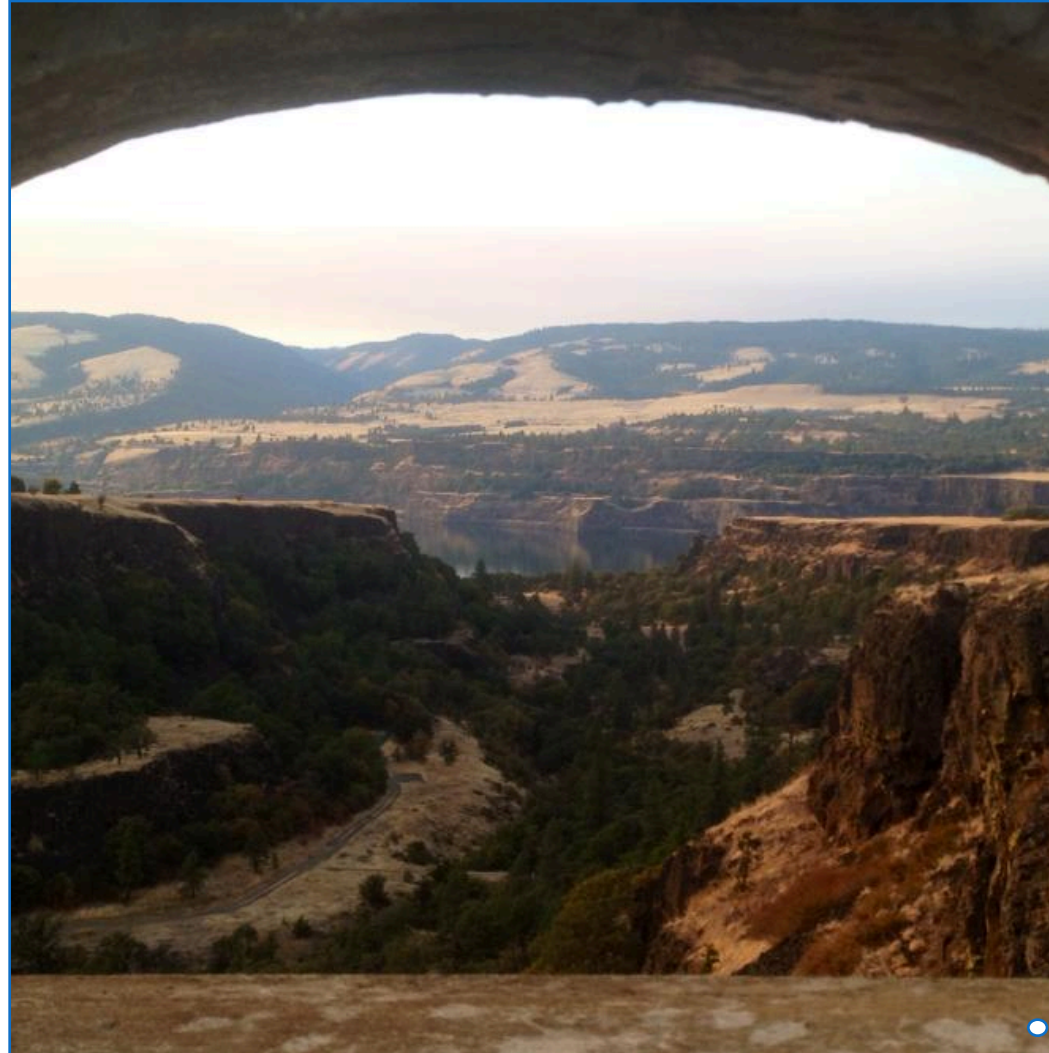
**Oregon**





# Fast Forward to 2008-2010

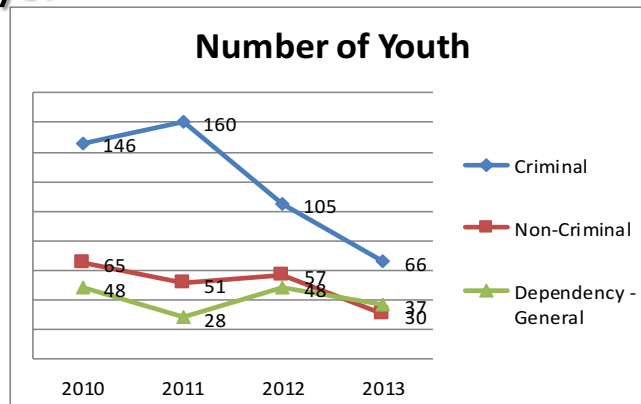
- North Wasco County School District in The Dalles, OR received a federal Safe Schools Healthy Students grant to address poor social outcomes among youth ages 0-18 and their families.
- By 2010, 2 years into the grant. Our data was going in the wrong direction. We knew we needed to do something drastically different.
- We began to ask “WHAT IS WRONG” and that question soon changed to understanding “WHAT HAS HAPPENED”



# QUICK WINS

## Data: 2010

- 27% of middle school students reported being in a fight on school property
- 26% of middle school students and 34% of high school students reported having at least one drink of alcohol on one or more days during the previous 30 days.
- 10% of middle school students and 24% of high school students reported using marijuana one or more times during the previous 30 days.



## Data: 2013

- 14% of middle school students reported being in a fight on school property
- 14% of middle school students and 22% of high school students reported having at least one drink of alcohol on one or more days during the previous 30 days
- 8% of middle school students and 14% of high school students reported using marijuana one or more times during the previous 30 days.
- ZERO Juvenile Arrests during Spring Break 2013.
- Total number of office discipline referrals reached its lowest point in 4 years. Dramatic drop of over 700 referrals.



# Long Term Anecdotal Changes

## 2010 REFLECTIONS:

- Culture of mistrust among community partners
- Multiple 911 calls from MS/HS every week (day)
- “The Dirty”—lack of community identity
- Public Unrest

## Current REALITIES:

- Trained over 20% of the population in Trauma Theory
- Widespread cross sector adoption of Trauma Informed Care and Trauma Responsive Programming
- 2016 awardee of the RWJF Culture of Prize for Collective Impact and ability to build collaborative partnerships to enhance community health.
- Consortium for Trauma Informed Care (MARC Awardee)

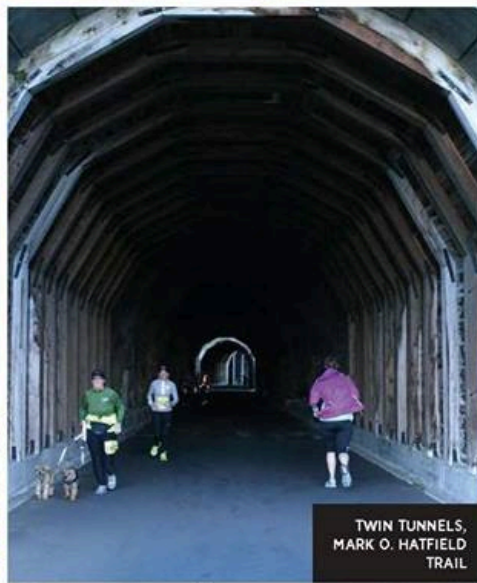




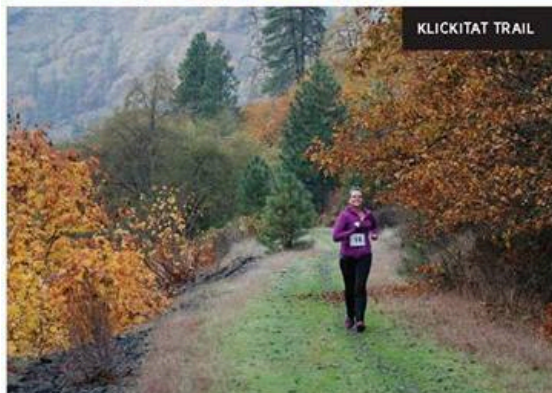
RIVERFRONT TRAIL



BRIDGE OF THE GODS TRAILHEAD



TWIN TUNNELS, MARK O. HATFIELD TRAIL



KLICKITAT TRAIL



MULTNOMAH FALLS, AINSWORTH STATE PARK

## RACE THE GORGE

The best way to explore the beauty of the Columbia River Gorge is on foot, but if you aren't into maps and guidebooks, simply sign up for a local race! Not only will you get a pre-marked tour of the area, but you'll also score a T-shirt to show off around town. The premier event in the area is the Columbia Gorge Marathon, held on October 26, 2014. Dubbed "the most scenic marathon in the country," it lives up to the hype. [columbiagorgemarathon.com](http://columbiagorgemarathon.com)



# AMERICA'S 20 BEST SMALL TOWNS



## WOMEN'S Running

Better, Fitter, Stronger + Happier too!

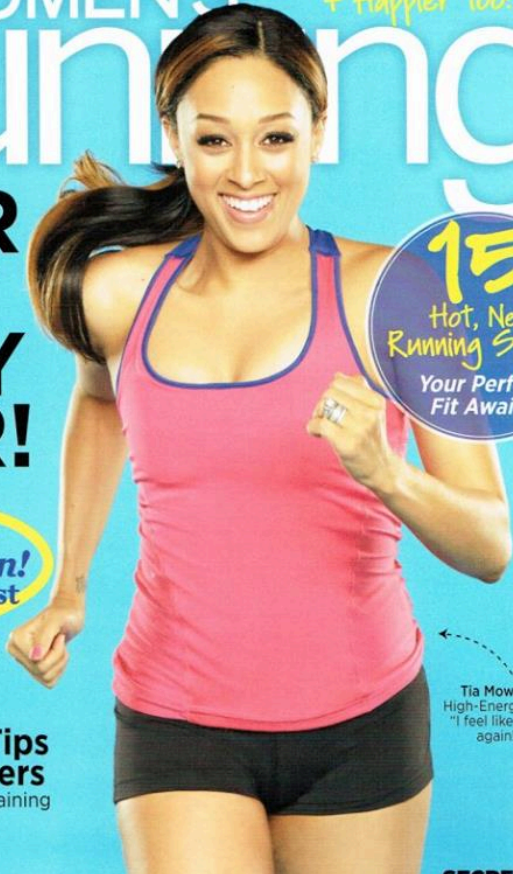
YOUR BEST BODY EVER!

even post-baby

Free 10K Plan! Tackle Your First Trail Race

100+ Time-Saving Tips for Busy Runners

How to train while maintaining your friendships, family, career and sanity



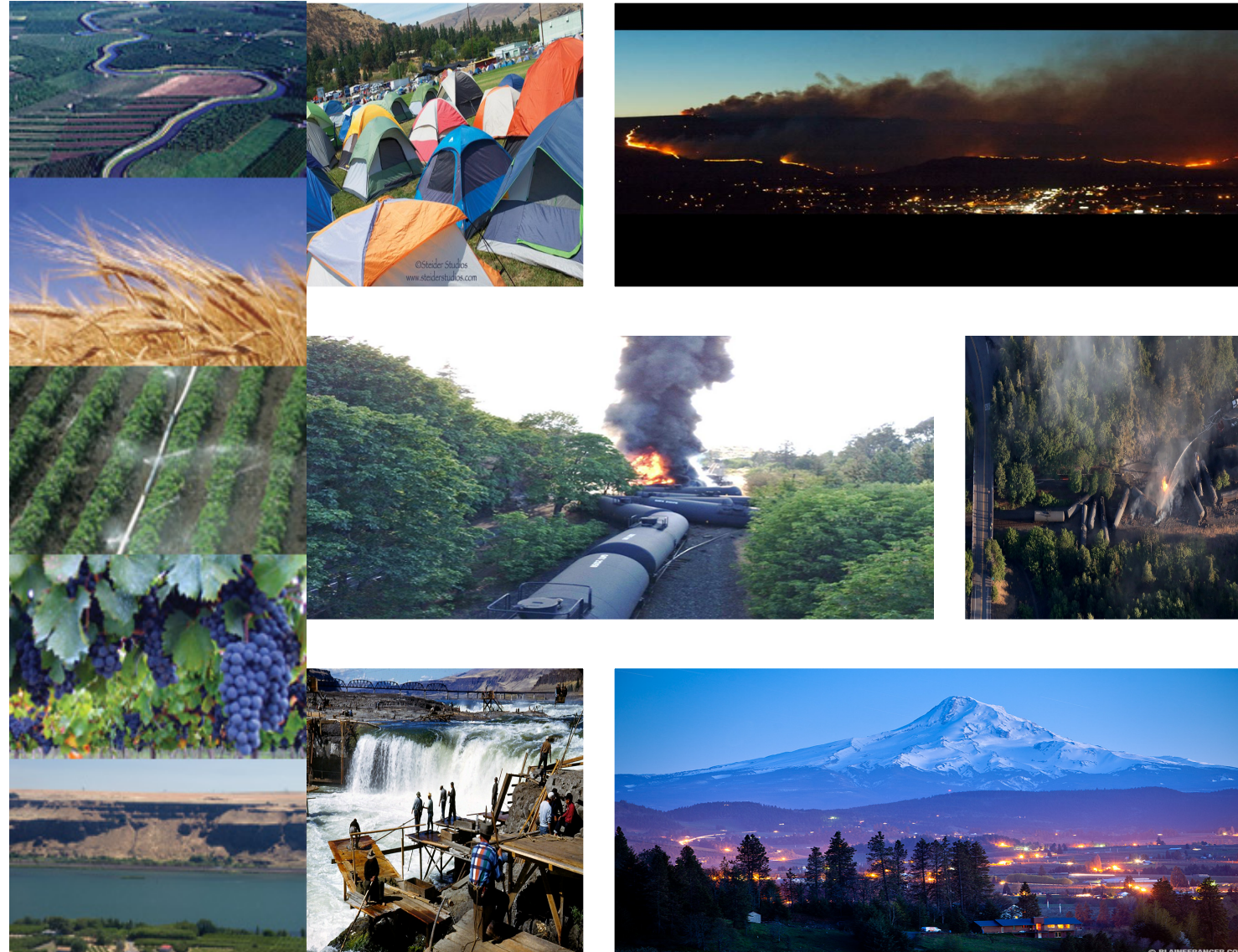
15 Hot, New Running Shoes Your Perfect Fit Awaits

Tia Mowry's High-Energy Diet "I feel like a kid again!"



# HOW DOES ANY OF THIS RELATE TO CLIMATE CHANGE??

- Salmon populations in Columbia River system are down more than 90%
- Agricultural region with over 1.7 million acres dependent on irrigation
- Community response to wildfire
- Transportation related ecological disasters
- Threat of earthquakes or eruptions





# What Steps Did We Take

1. Recognize the Problem
2. Develop a Common Goal
3. Engage Stakeholders
4. Adopt a Common Model
5. Implement the Model
6. Evaluate & Reassess
7. Expand Efforts

1. Continued Poor Outcomes for Kids & Families
2. “Rescript the Future in our Community”
3. Community Partner Organizations
4. Sanctuary Model
5. Mental Health Prevention & Promotion & MARC Grants



sanctuary  
INSTITUTE

# What is Sanctuary





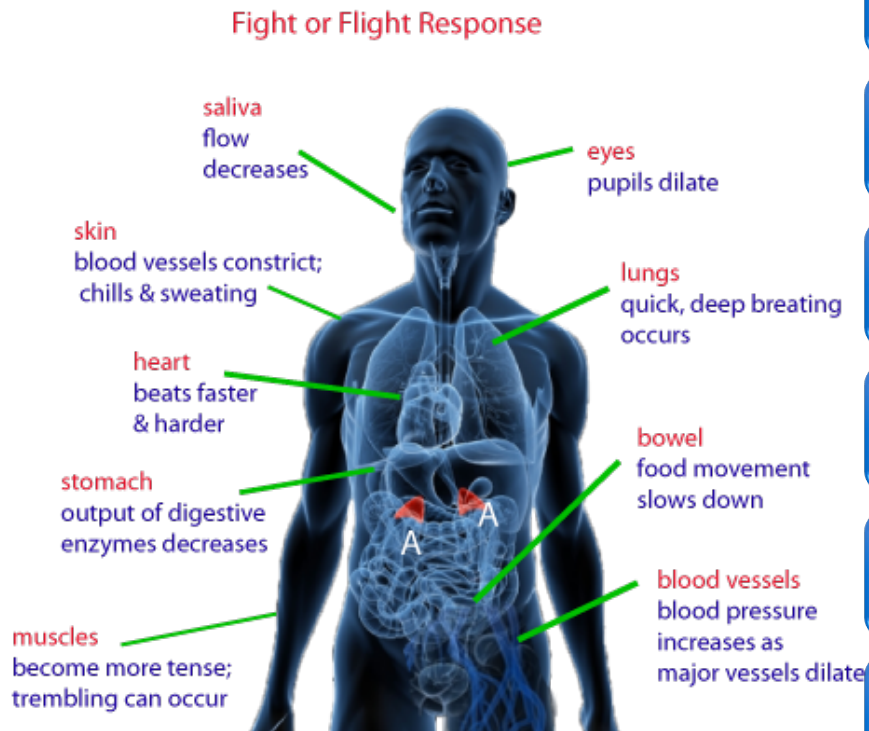
# WHAT DO WE MEAN BY TRAUMA?

“Traumatization occurs when both internal and external resources are inadequate to cope with the external threat.”

Van der Kolk



# HUMAN STRESS RESPONSE



State of high alert

Inability to think clearly

Extreme thoughts

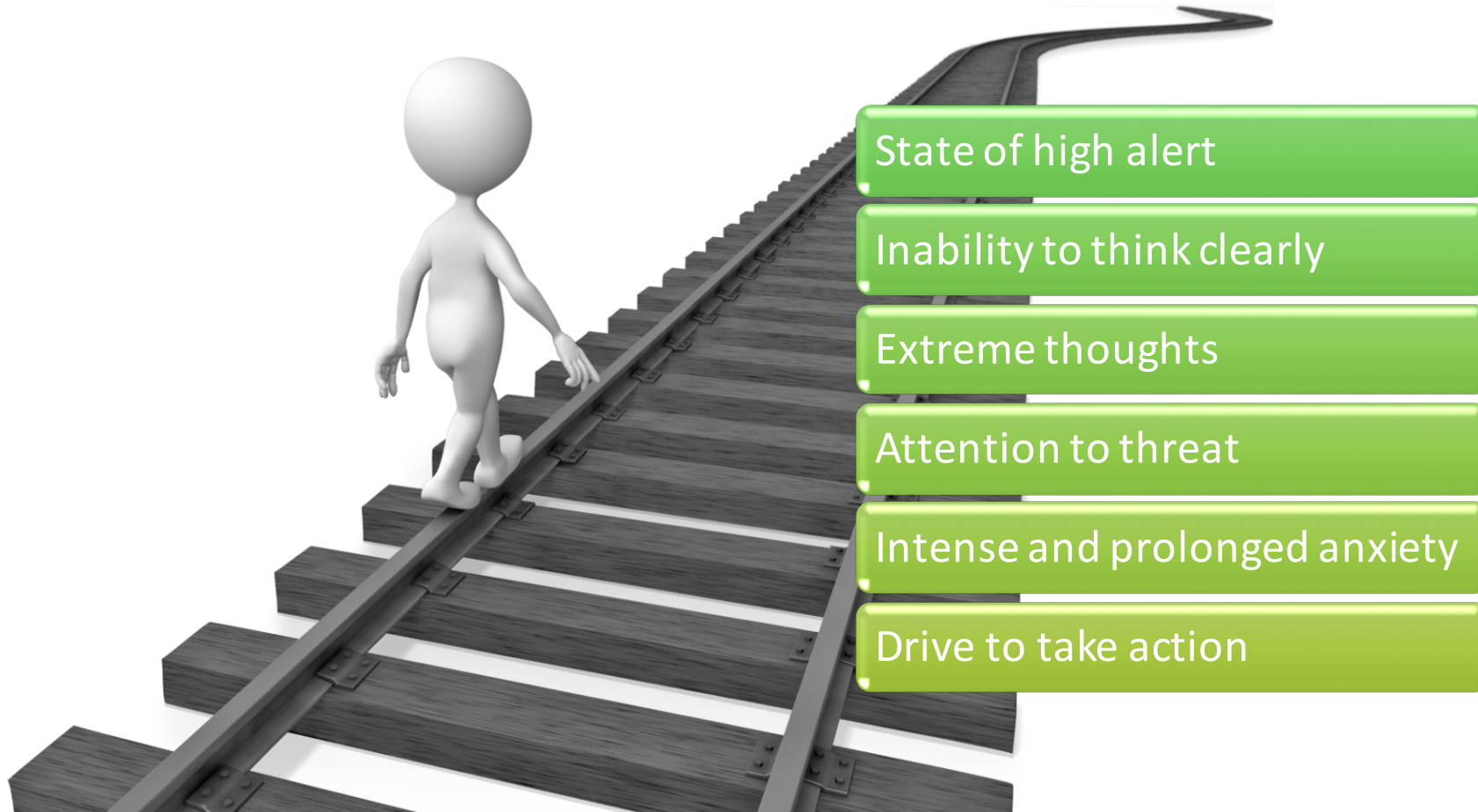
Attention to threat

Intense and prolonged anxiety

Drive to take action



# PARALLEL SYMPTOMS



State of high alert

Inability to think clearly

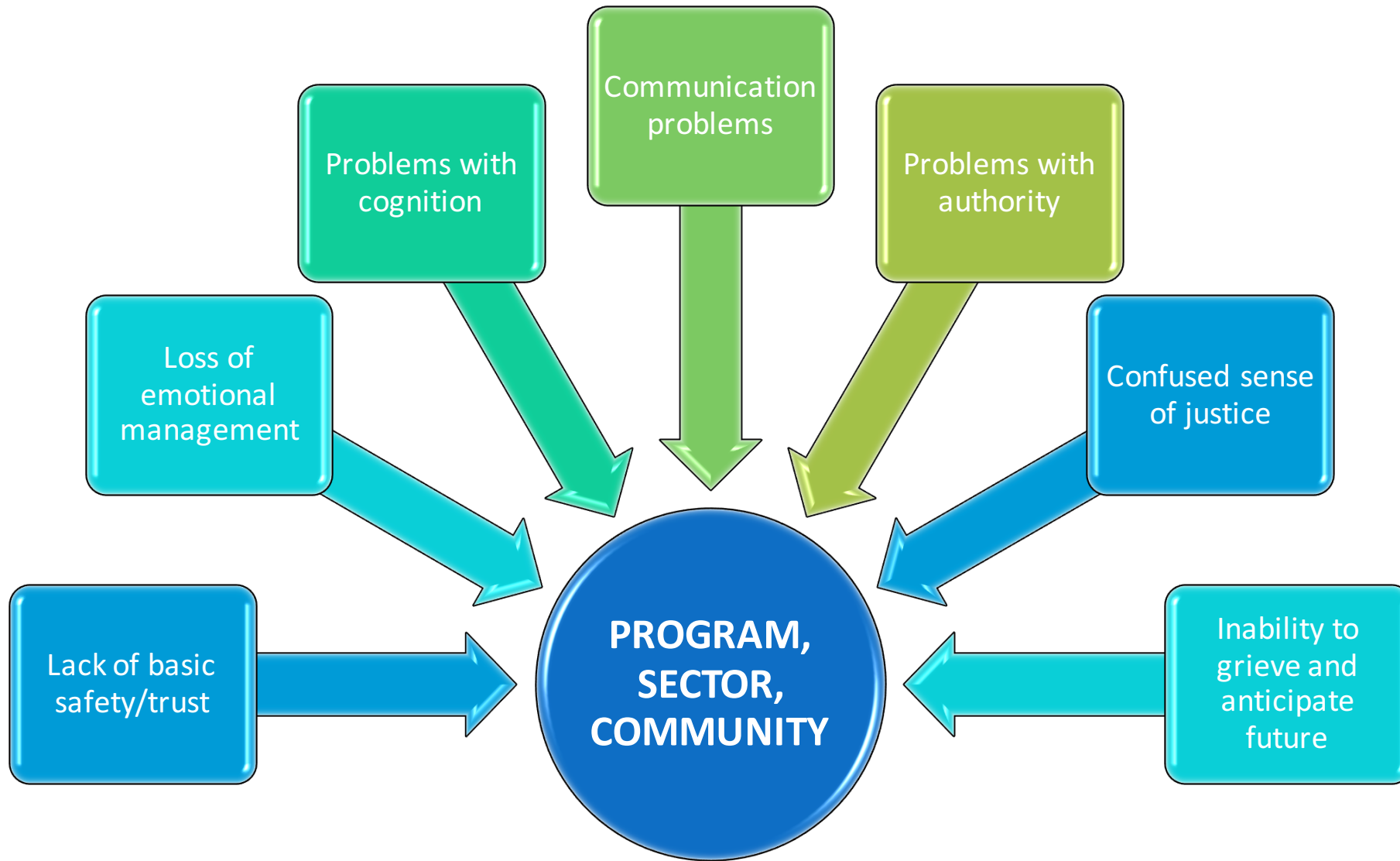
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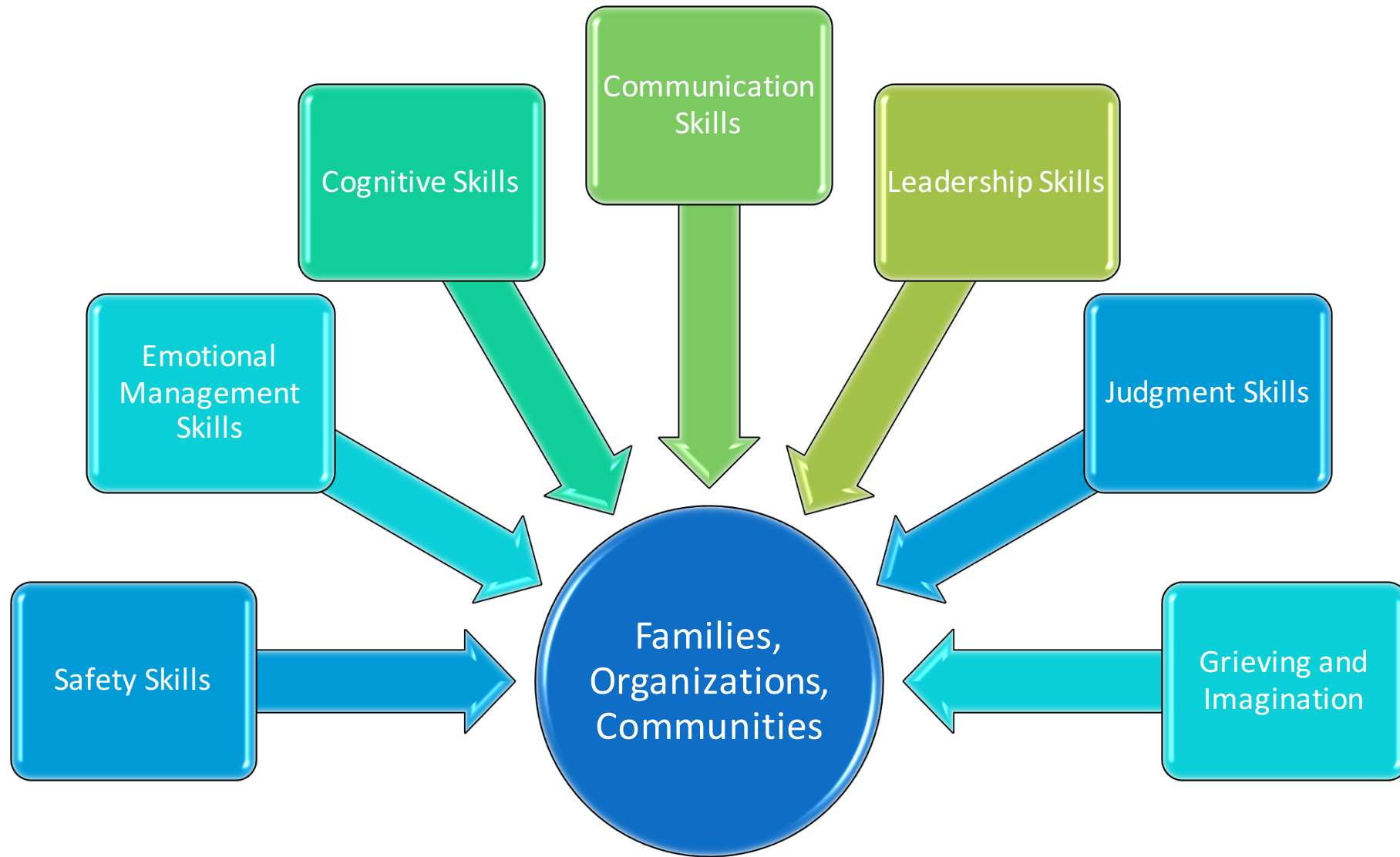
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# TRAUMA-ORGANIZED SYSTEM





# TRAUMA-INFORMED RESPONSES

