

How do I call an SOS Meeting if other problem solving strategies have not worked?

Ask a staff person for a SOS meeting form. Once you have filled out the SOS Meeting request form, submit it to either your Case Manager (for Community Programs youth) or CT (for Residential youth). This individual will then coordinate the meeting.

It is important to make the reason for requesting the meeting as specific as possible. If multiple issues are identified, multiple meetings may be necessary.

What happens if I am not comfortable turning the form into my Case Manager or CT?

Then please contact that individual's supervisor.

Who attends an SOS Meeting?

The person who called the SOS Meeting, the SOS Meeting Facilitator and then as appropriate the other key members of the youth's life. These may include direct care staff,

What can I expect during the actual meeting?

An SOS Meeting is typically scheduled for an hour. The meeting starts with a Community Meeting. Then the reason for meeting is reviewed, with 10-15 minutes discussing the following:

- History of problem
- Identifying any reenactments
- Discussion of safety, emotions and losses that may be occurring

Then future planning occurs to address the problem. The goal is to spend a majority of the meeting problem solving.

What happens after the meeting?

At the end of the meeting a plan is created and then a follow up meeting is scheduled for the team to come back together to assess if the problem has been addressed or if it continues. If the issue has not resolved further problem solving occurs.

If the problems are not improving or concerns continue outside of the meetings, please communicate with your Case Manager or CT. Additional SOS Meetings may be needed to resolve the issues.

If you have additional questions about SOS Meetings please speak with your CT or Case Manager.

Sanctuary Seeking Out Solutions (SOS) Meetings





What are SOS Meetings?

The Seeking Out Solutions (SOS) Meeting is an important Sanctuary tool that draws upon the entire team's knowledge, expertise, and wisdom to address problems. SOS Meetings are used when other problem solving strategies have not been successful. It uses the group's creativity to help break the Re-Enactment Triangle and to help teams creatively address a problem. The purpose of an SOS Meeting is to focus on the problem and address that immediate concern. SOS Meetings are not to shame or blame individuals.

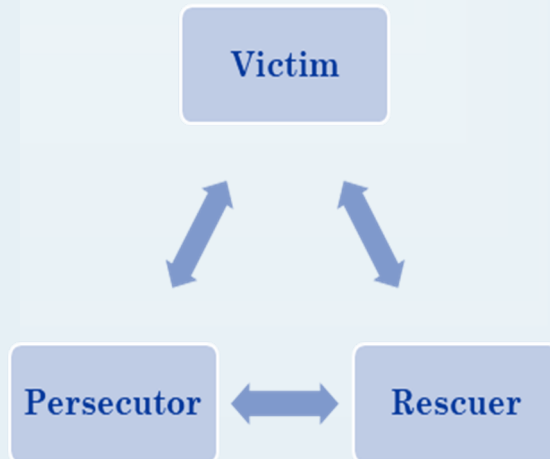
Anyone can call a SOS Meeting, including the youth or family. A SOS Meeting Facilitator will coordinate the meeting and communicate a time and place to meet and then invite others to attend.

What is the Re-Enactment Triangle?

The Re-Enactment Triangle is when people play out their trauma narratives with others, and put others into the trauma roles they have experienced. These roles are the Victim, Persecutor, and Rescuer.

People can wear multiple roles while in a re-enactment. For example, a youth may state: "You never let me do something," (putting the adult in the Persecutor role while the youth is in the Victim role) and then in the next statement say: "I hate you, you're awful," (the youth has now stepped into the Persecutor role, and the adult may feel Victimized).

Re-Enactment Triangle:



How do we change the Re-Enactment triangle?

The goal is to help everybody in a team function from the Empowerment Triangle. The Empowerment Triangle replaces Victim with Creator; Rescuer with Coach; and Persecutor with Challenger. By talking about the Re-Enactment Triangle in SOS Meetings, we can help people learn how to do things differently.

Empowerment Triangle:

