

**What are we doing?** The name "Sanctuary Squad" is inspired by Angela Blanchard's stages of the journey from "disaster" to "new beginning." Our community is in the second stage, "sanctuary." Please read her article here: <http://mydigimag.rrd.com/iphone/article.php?id=1073451> Our focus at this time is mental health first aid and simply being present and validating. We are working with all ages. Some "sessions" might be five minutes and some might be an hour. This is all about meeting people where they are. We need 2-3 people at our table at all times and then everyone else walking around. Please come to the table when you arrive and when you leave

**Can I do trauma work?** Trauma work will be needed later in the recovery process and I will keep you updated on those opportunities. Right now, they really need us to be present for people. Walk around talking to people, offer them coping strategies (there are donations of therapeutic tools like journals, etc. coming in), and help them identify their strengths. "What has gotten you this far?" Honor them for their inner resources.

**What else do I need to know?** The people we are serving are not evacuees. They are our neighbors or our guests. Please use this language in order to help them hold on to their identity outside of this disaster. Also, DO NOT take pictures inside the hall. We are wanting to respect the privacy and confidentiality of our guests.

**Where do I go?** Park at gate 10 red lot 4. Walk to NRG Center. Check in at the very last volunteer table. Tell them you're with Sanctuary Squad and give them my name. DO NOT go to mental health. This is psychiatric care being done by Harris Health and they've got that covered. Go to section B. You will see signs that say "Need to talk? We'll listen," an art therapy table, a coping skills table, and pairs and trios of chairs for individual and family work. Let the person at the table know you are there.

**What do I need to bring?** Photo ID and license or license verification. The only supplies we need right now are journals. If you can donate journals or any distress tolerance tools (fidget toys, etc.) please bring those.

**What should I wear?** casual clothes, comfortable shoes, no designer brands or flashy, expensive jewelry.

**How do I sign up?** Email [sanctuariesquad@gmail.com](mailto:sanctuariesquad@gmail.com) with your name, license, license type, workplace, phone number and email. Then, go to <https://docs.google.com/spreadsheets/d/1BqeOY5gzrnsMJeRXR0faE-YW-EYVYp08tVgrsL7DGRl/edit?usp=sharing> to sign up on the spreadsheet. Each day has its own "sheet" within the document.

Main shifts are:

8am-12pm

12pm-4pm

4pm-8pm

If people are available, we would also like people from 8pm-12am, 12am-4am, and 4am-8am just in case someone is in crisis. If we aren't able to do this, no worries. We are doing what we can with what we've got.

Yes, we need help now, AND, pace yourselves. We will be at this for three weeks and this whole city has a long road ahead.

Please let me know if you have questions! I am of course so heartbroken by this devastation, and I am also feeling very purposeful and connected in working with each of you to help our community recover.

With gratitude,

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