

# **HSD Provider Conference**

## **October 22, 2025**

Notes from Session: From Shelter to Sanctuary: Healing While Housing

Presenters: Leor Beverly, Dahana Louis (she/her), Caprice Howard & Andrea Smith - Urban League of Portland

Moderators: Doc Ramblings, Karla Hernandez

Notetaker: Morgan Valentine

### **Main Points from Session Overview/Presentation:**

- Journey from shelter to sanctuary is more than a shift in physical space; it is transformation in philosophy, practice, and purpose
- Healing requires more than a roof. Culturally-specific services honor identity, history, and community
- Shelter is often defined by urgency. Sanctuary is intentional. In sanctuary, housing is provided and humanity is honored
- Healing requires trust, consistency, and culturally-grounded support
- Our participants are resilient, resourceful, and deserving of care that reflects their lived experience.
- Lived experience allows space for common language and trust-building through experiential empathy, credibility, and informed program design
- Healing and belonging emerge from places of sanctuary where participants are seen, heard, and supported holistically
- Engage participants as partners, not recipients
- Safety is the foundation of healing: physical safety and emotional safety of respect, being heard, and free from judgment: predictable routines, affirming language, cultural representation
- Programs rooted in cultural pride, ancestral wisdom, and collective resilience
- Relationships are the bridge from trauma to transformation. They are the foundation of sanctuary

- Healing doesn't happen in silos: mental health, substance use, housing navigation, and spiritual care & cultural wellbeing can all support someone across a full spectrum
- When people feel safe, seen, and supported, they begin to thrive; not just survive
- Design spaces to say: you belong here, you are safe, you are valued
- Healing spaces for staff positively contribute to healing spaces for our community members