

Stories of HOPE

"I keep finding ways humans adapt [to Covid-19]; drive by birthdays, visits to the retirement community to see grandparents and now hug contraptions. It's still hard but I like to find the creative ways humans continue to fight!"

HOPE

Stories of HOPE

"Doing art is a universally accessible way for youth to transcend the assumption that they're invisible in their community. We all need to feel like we belong in a space where other people accept us, where our lives and identities matter."

—Anna Hadingham (excerpt from HOPE blog)

HOPE

Stories of HOPE

"The pandemic has caused me to think about how I might balance my work and life better, because the time spent with my child has been rewarding. It's not about disconnection, it's more about re-connecting with him. This has re-energized a new way of us relating to one another that's been so impactful to the relationship overall."

—Corey Best (excerpt from HOPE blog)

HOPE



Goal: Balance ACEs with HOPE

Screen for problems
(ACEs)



Offer therapies

HOPE



How to Balance ACEs with HOPE

Screen for problems
(ACEs)

Identify protective factors
/ strengths (PCEs)

Create opportunities for
engagement and
celebration

Offer therapies

Offer opportunities to
strengthen protective
factors

HOPE



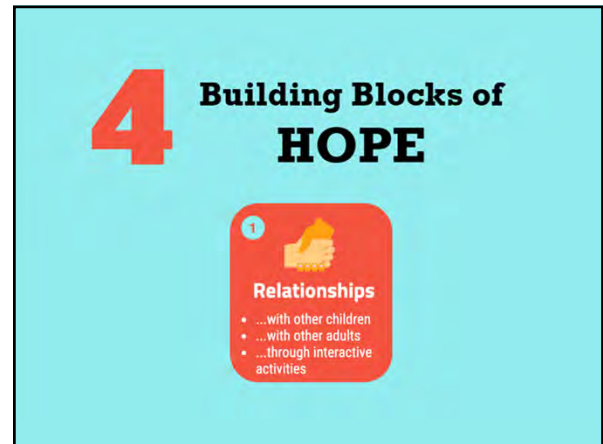
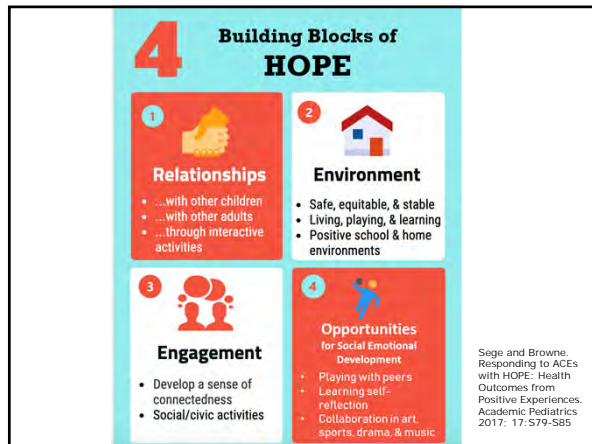
Existing Resources

Staff training and approach

- ACEs Aware
- Strengthening Families
- Trauma-Informed Care
- Professional experience
- Personal (lived) experience



HOPE



Foundational relationships protect vs. trauma

Anger memories significantly moderated associations between maltreatment and PTSD (but not depression) symptoms, comorbid psychopathology, and children's trauma exposure.

Protective factors that buffer against the intergenerational transmission of trauma from mothers to young children: A replication study of angels in the nursery

Angela M. Nangle PhD, Charlotte Elizabeth Hughes PhD, Robert Sege PhD and Robert Sege PhD. *Journal of Child Psychology and Psychiatry* 2017; 58: 175-182. <https://doi.org/10.1111/jcpp.12705>

Abstract This replication study examined protective effects of positive childhood memories with caregivers ("angels" in the nursery) against maltreatment and intergenerational transmission of trauma. More positive moderated target memories.



Family environment promotes health

Family Resilience And Connection Promote Flourishing Among US Children, Even Amid Adversity

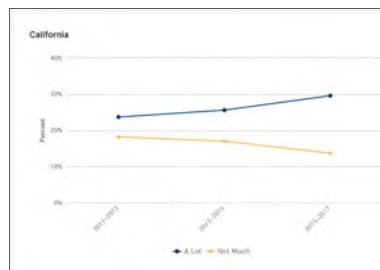
Flourishing:

1. Interest and curiosity
2. Persistence in completing tasks
3. Capacity to regulate emotions

Family resilience and connection:

- how families face problems,
- share ideas, and
- share demands

Trends towards fostering resilience



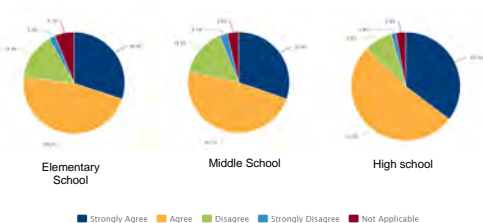
Staff reports:

School fosters youth resilience or asset promotion

4 Building Blocks of HOPE



Schools give students opportunities to make a difference



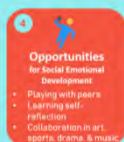
Teens support their communities



Matt Casarano and Uthra Pal started the grocery delivery service called "Teens Helping Seniors."


Example:
"Teens Helping Seniors" from CNN.com

4 Building Blocks of HOPE



Children's empathy grows at school

- 78.6% of CA high school staff agree or strongly agree that students respect each other's differences, AND
- 19% of CA High School staff agree or strongly agree that there is cultural or racial tension at school



Changing our own professional norms

From:
Screen and refer


To:
Understand and support

Bringing HOPE into our work

HOPE-based Programming

Create opportunities for



- Engagement
- Finding joy
- Making connection
- Celebration



Making it real!

Pen and paper


- 1) 5 ideas to implement HOPE this fall
- 2) What resources do you need?
- 3) What challenges will you face?

Making it real!


Chat box or speak

5 ideas




Bringing it home


- What were the most important things you learned today?
- What changes would you like to make after this workshop?
- Who can help?
- What challenges will you face?



90-day plan

- **S**pecific – is your aim clear and precise with a single focus?
- **M**easurable – How will you know when improvements have been made?
- **A**ttainable – Is your goal realistic? Are you aiming too high? Too low?
- **R**elevant – Does your aim matter to you? Is this the right time/environment?
- **T**ime-Bound – Identify a timeframe/timeline for this aim





90-day plan – write it out!


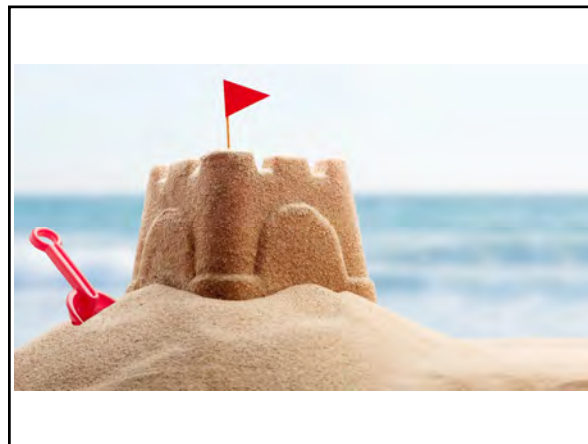

Sample SMART aims:

Before the end of September, a group of stakeholders will have developed a work plan to update our intake forms.

Before the end of next week, I will debrief with staff who attended today's session and **identify key action steps**.

Beginning with the supervision meeting next Monday, **I will ask about family strengths during at least 3 case presentations.**

- Specific** – is your aim clear and precise with a single focus?
- Measurable** – How will you know when improvements have been made?
- Attainable** – Is your goal realistic? Are you aiming too high? Too low?
- Relevant** – Does your aim matter to you? Is this the right time/environment?
- Time-Bound** – Identify a timeframe/timeline for this aim.

The path to HOPE during COVID-19


12



Children will remember these days -



Prevent Adverse Childhood Experiences



Create Positive Experiences – maybe magic family time?

Superhighways in the brain



https://upload.wikimedia.org/wikipedia/commons/4/48/Saltatory_Conduction.gif



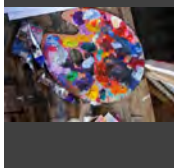
Be mindful of the
positive

Building HOPE



See and hear beauty

Building HOPE



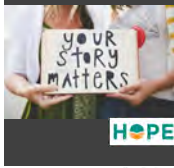
Daily practice
Keep a journal?
Meditate?

Building HOPE



Share stories
of HOPE and
inspiration

Building HOPE




Share your story of
HOPE!

Stories featured on HOPE
webpage


Submit using this form (in
chat):
<https://forms.gle/QN7yS6Lzqx8d4WgV9>



HOPE




Practice HOPE



HOPE

HEALTHY OUTCOMES
THAT COME FROM
POSITIVE EXPERIENCES




Integration of HOPE into Trauma-Informed Care

- Awareness:
 - Childhood memories
- Reassurance:
 - History is not destiny
- Healing:
 - No shame in getting help
- Inventing:
 - Better ways to live

HOPE

HEALTHY OUTCOMES
THAT COME FROM
POSITIVE EXPERIENCES




After today

Stay connected
<https://Positiveexperience.org>

Share your story of HOPE for new webpage

Balancing ACEs with HOPE on ACES Connection

Stay HOPEful



HOPE

HEALTHY OUTCOMES
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