

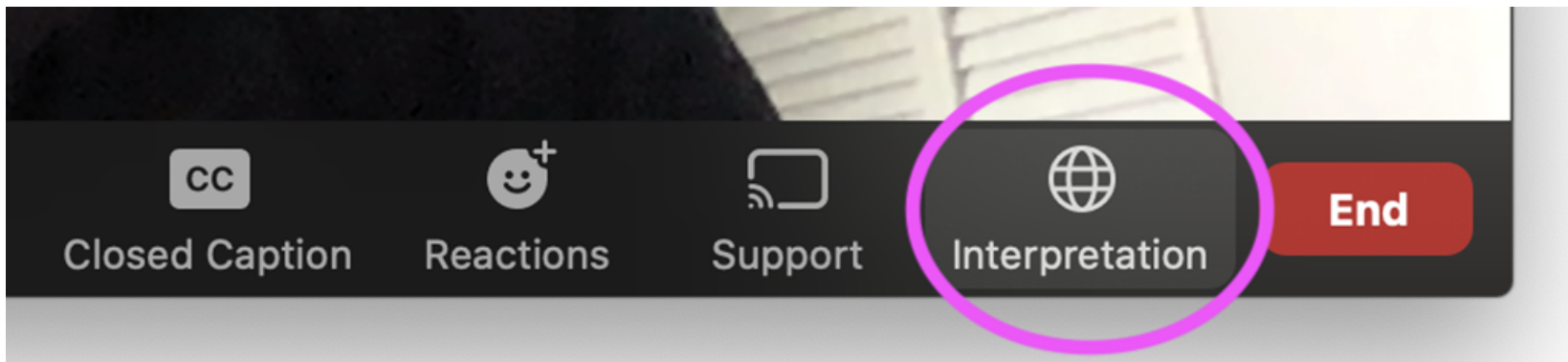
Practicing HOPE throughout the Coastal Tri-Counties

2023 BRIDGES TO RESILIENCE LUNCH & LEARN SESSIONS

Wednesday November 15, 2023
12:30 – 1:30pm



Live Interpretation



Please select your language:

- English
- Spanish
- Mixteco

Lunch & Learn Sessions

GOALS:

- 1) Explore service delivery through the lens of HOPE
- 2) Identify best practices that promote equitable access to Positive Childhood Experiences
- 3) Integrate HOPEful strategies into existing frameworks and systems of care
- 4) Strengthen Tri-County networks through shared learning and discussion

Viewing Wellness through Different Lenses



Changing Conditions:

Healthcare access and quality
 Education access and quality
 Social community and context
 Economic stability
 Neighborhood and built environment



Strengthening Families:

Parental resilience
 Social connections
 Knowledge of parenting and child development
 Concrete support
 Social and emotional competence of children



Increasing Access to Positive Childhood Experiences

Relationships
 Environment
 Engagement
 Emotional growth



Mitigating Toxic Stress:

Supportive relationships
 Sleep, nutrition & exercise
 Mindfulness practices
 Access to nature
 Mental health care



RELATIONSHIPS

Relationships within the family and with other children and adults through interpersonal activities.



ENVIRONMENT

Safe, equitable, stable environments for living, playing, learning at home and in school.



ENGAGEMENT

Social and civic engagement to develop a sense of belonging and connectedness.



EMOTIONAL
GROWTH

Emotional growth through playing and interacting with peers for self-awareness and self-regulation.

The Four Building Blocks of HOPE

HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES®

Creating HOPE: Youth Perspectives on What Matters

Who do we need to be to create positive relationships with youth?

How do we create safety and stability ?

What values or needs are likely to influence youth engagement?

What types of activities / experiences support emotional growth?

Listening to Youth

**To listen is to lean in, softly,
with a willingness to be changed by what we hear.**

- Mark Nepo

Bridges to Resilience 2023

Session recordings and materials now available
www.BridgestoResilience.com/resources

Mitigating ACEs for families with children ages 0-5

July 19, 2023

Hosted by the Partnership for Safe Families & Communities of Ventura County

Trauma-informed best practices for family-serving professionals

September 20, 2023

Hosted by the Center for Family Strengthening of San Luis Obispo County

Creating positive experiences for youth

November 15, 2023

Hosted by the KIDS Network of Santa Barbara County

