




HOPE in Practice

May 31, 2023



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Moments of HOPE

Moments of HOPE can occur:

- _____ In each encounter
- _____ During intake and assessments
- _____ When sharing referrals or community resources
- _____ When creating or revising policies
- _____ When designing programming



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Simulated Encounter



Without a HOPE-informed approach

3



Home Visiting without HOPE

Home Visitor Scenario Without HOPE



4



Simulated Encounter



Watch out for the Building Blocks!

With a HOPE-informed approach


5



Home Visiting with HOPE



6




Creating HOPE-Informed Intakes


Whiteboard Activity

What makes an intake or form HOPE-informed?

What makes the *delivery* of an intake or form HOPE-informed?




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Poll

Based on that conversation, is your organization's initial encounter HOPE-informed?

- Yes, absolutely!
- It has components of a HOPE-informed intake, but there are some edits to make.
- We have a way to go.



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Consider

How can you make it more HOPE-informed or deliver it in a more HOPE-informed way?



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Build a Tower of Blocks! These four building blocks are important factors in growing up healthy. Share what's working & your provider will brainstorm with you for solutions to anything that not working.


<p>Engagement: What do you like to do as a family outside the home? Where do you feel connected to others? Describe a favorite outing.</p>	<p>Relationships: What do you like to do at home with your family? Who outside your family would always help you if you</p>	<p>Environment: Describe places you love to go. Where do you like to play? Describe your safe space(s). What is your favorite place in your home?</p>	<p>Emotional Health: What feelings do you talk about at home? Who can you talk about feelings with? How can you take care of yourself when you don't feel good?</p>

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Strengths Based Building Block Conversations

<p style="text-align: center;">Engagement:</p> <ul style="list-style-type: none"> • Suggest afterschool programs • Explore summer camps, community programs • Identify local YMCA - can they connect? Scholarships? • Transportation Barriers? • Parenting resources – positive parenting resources, community groups • Youth programs, outreach, school, community groups • Offer list of local churches or spiritual centers, resources • Identify parent support groups – online or in person 	<p style="text-align: center;">Environment:</p> <ul style="list-style-type: none"> • Provide list of local housing resources • Provide list of food pantries • Provide list of transportation options • Review Gun safety • Review Medication safety • Brainstorm about safe play areas • Brainstorm about options for trips, outings • Offer list of community resources for outdoor activities • Trail/Park Maps and resources (i.e. state park passes or maps)
<p style="text-align: center;">Relationships:</p> <ul style="list-style-type: none"> • How are things at home? What is hard for parents? • Are parents able to play with kids, Read? • What is parent proud of? • How high is the stress level at home? • Are there specific things or times of day that are hardest? • Name the non-parent adults that can help; identify barriers to asking them for help • Identify community resources that can reduce barriers/decrease isolation • Provide list of community groups and supports • Give Reach out and Read books/library resources 	<p style="text-align: center;">Emotional Health:</p> <ul style="list-style-type: none"> • Ask parents if they feel like they know how to help their child when they are angry, frustrated, worried or scared • Ask parents how they take care of themselves when they are stressed, sad, angry or frustrated • Make a “Family Feelings Chart” & encourage them to ask “how do I know I am feeling this way” & “how can I take care of myself while this feeling is here?” • Teach at least one breathing exercise (glitter jar, box breathing or 5 big deep breaths) • Teach one strategy for anger (playing “angry” ball with nerf ball, Daniel Tiger, outside to run around) • Teach one mindfulness strategy: i.e. toes-to-nose or using all 5 senses


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Poll

Do you screen for ACEs or trauma in your clients?

1. No, never.
2. On a case-by-case basis.
3. Yes, routinely.
4. I'm not sure.




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Ethical ACEs and PCEs Conversations

- Why do you screen for ACEs/trauma?
- How does it change your work with families?
- What are your goals in asking the question?




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HOPE- informed ACEs Screen

- Preparing
- Provide information about screening
 - Explain ACEs study and kinds of questions study will ask
 - Explain why you are conducting the screening
 - Explain what is and is not able to be kept confidential
 - Remind family that this is optional
- Schedule for a time in the future when parent can feel prepared to discuss




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HOPE-
informed
ACEs
Screen

- Conducting the Screener
- Briefly review power of the brain to change
- Review science of Positive Childhood Experiences and the power to offset health outcomes
- Create a safe space to share, acknowledging that parent should not feel obligated to go into detail
- Conduct ACEs screen




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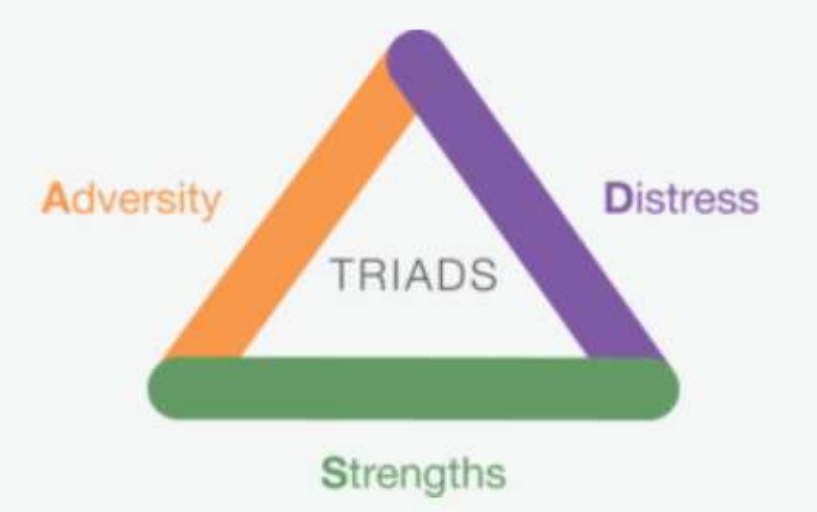


HOPE-
informed
ACEs
Screen


- After the Screener
- Review PCEs that you have witnessed in the family
- Celebrate with the parent the work they are already doing to offset long term health outcomes associated with ACEs
- Ask parent if they are interested in brainstorming more ways to create PCEs for children
- Close with positive, HOPEful messaging




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HOPEful Case Conferencing




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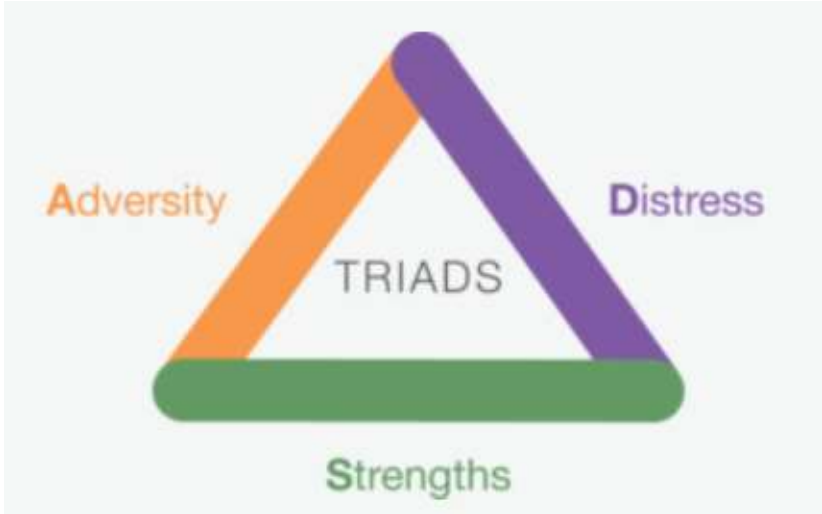
HOPE Case Discussion

Tara is a 15-year-old in an adolescent intensive outpatient program for her drinking. She is in foster care and was referred to the program after repeatedly showing up to school drunk after lunch.

Tara has been in foster care since she was a toddler due to parental substance use. She was moved to a new placement at the beginning of the school year. She lost contact with her peers and was pulled out of her gymnastics program when she moved homes.



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Adversity

Distress

TRIADS

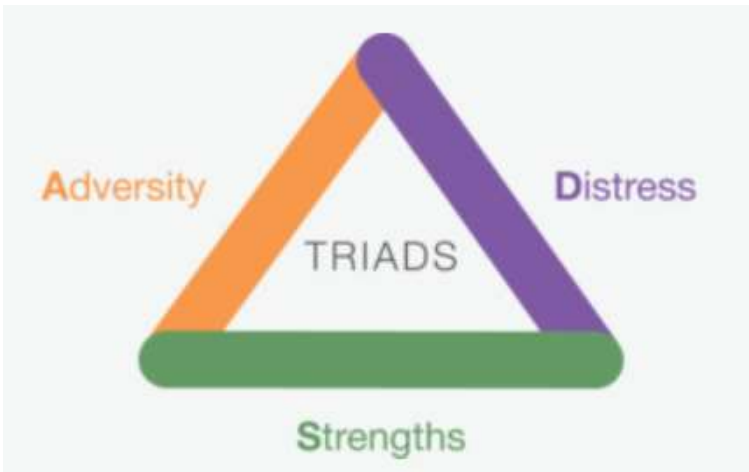
Strengths

Using TRIADS to understand and support Tara



HOPE
HEALTHY OUTCOMES
FOR EVERY CHILD

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Adversity

Distress

TRIADS

Strengths

Adversity:
Parental Substance Use
New Foster Care Placement



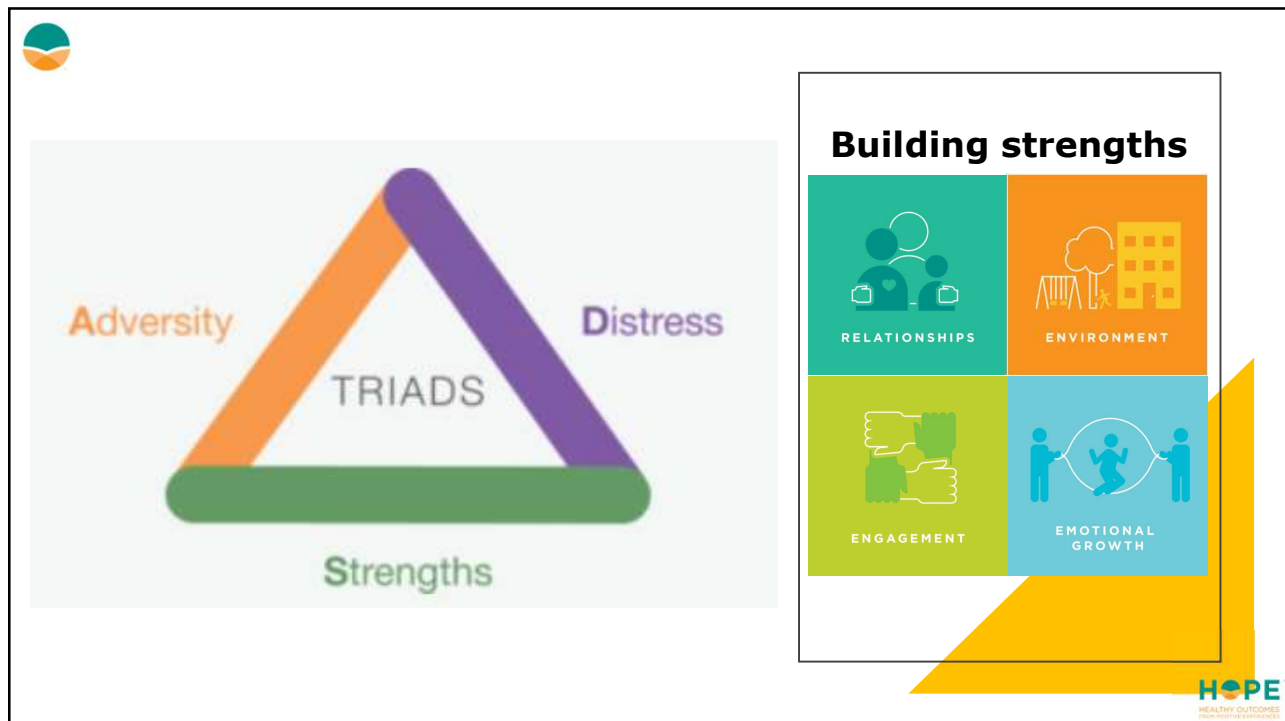
HOPE
HEALTHY OUTCOMES
FOR EVERY CHILD

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The image shows a slide with a logo in the top left corner. On the left is a triangle with three sides: an orange side labeled "Adversity", a purple side labeled "Distress", and a green base labeled "Strengths". The word "TRIADS" is centered inside the triangle. On the right is a white rectangular box with a yellow triangle at the bottom right corner. Inside the box, the text reads "Distress:" followed by "Drinking alcohol" and "Social isolation" on separate lines. The HOPE logo is in the bottom right corner.

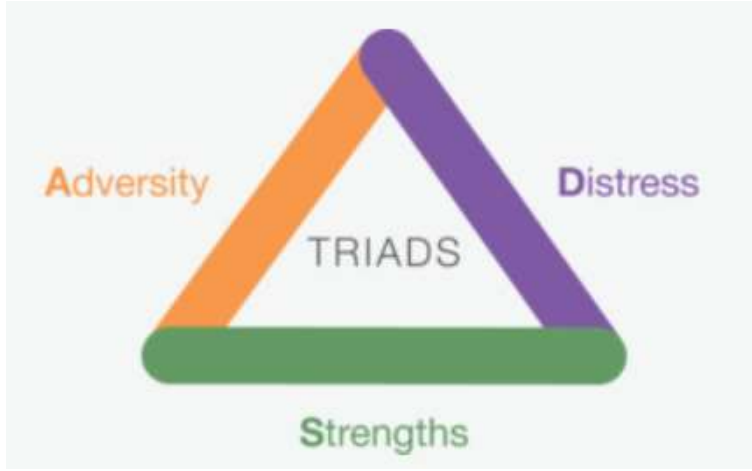
21




The image shows a slide with a logo in the top left corner. On the left is a triangle with three sides: an orange side labeled "Adversity", a purple side labeled "Distress", and a green base labeled "Strengths". The word "TRIADS" is centered inside the triangle. On the right is a white rectangular box with a yellow triangle at the bottom right corner. Inside the box, the text reads "Building strengths" above a 2x2 grid of icons. The top-left icon is labeled "RELATIONSHIPS", the top-right "ENVIRONMENT", the bottom-left "ENGAGEMENT", and the bottom-right "EMOTIONAL GROWTH". The HOPE logo is in the bottom right corner.

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Building strengths - Relationships

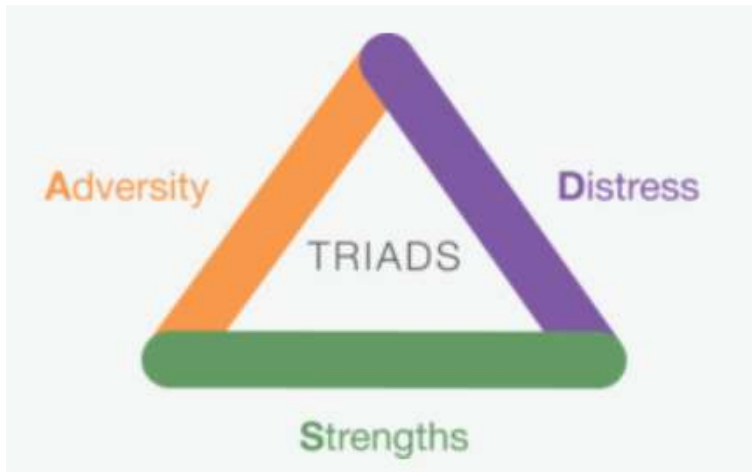


- Relationship with biological mother
- New family relationships
- School
- Community





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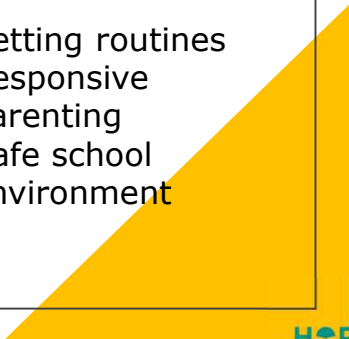






Building strengths -Environment




- Setting routines
- Responsive parenting
- Safe school environment

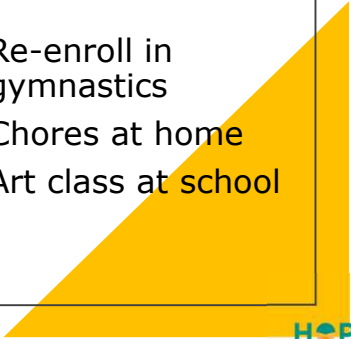

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Building strengths -Engagement



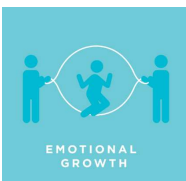
- Re-enroll in gymnastics
- Chores at home
- Art class at school



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Building strengths -Emotional Growth



- Made a new friend
- IOP counselor who cared
- Developed confidence

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Case summary: HOPE builds on trauma-informed care

Adversity

Distress

Strength



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HOPEful Case Reviews

What *adversity* might the child have experienced?

What is currently causing *distress*?

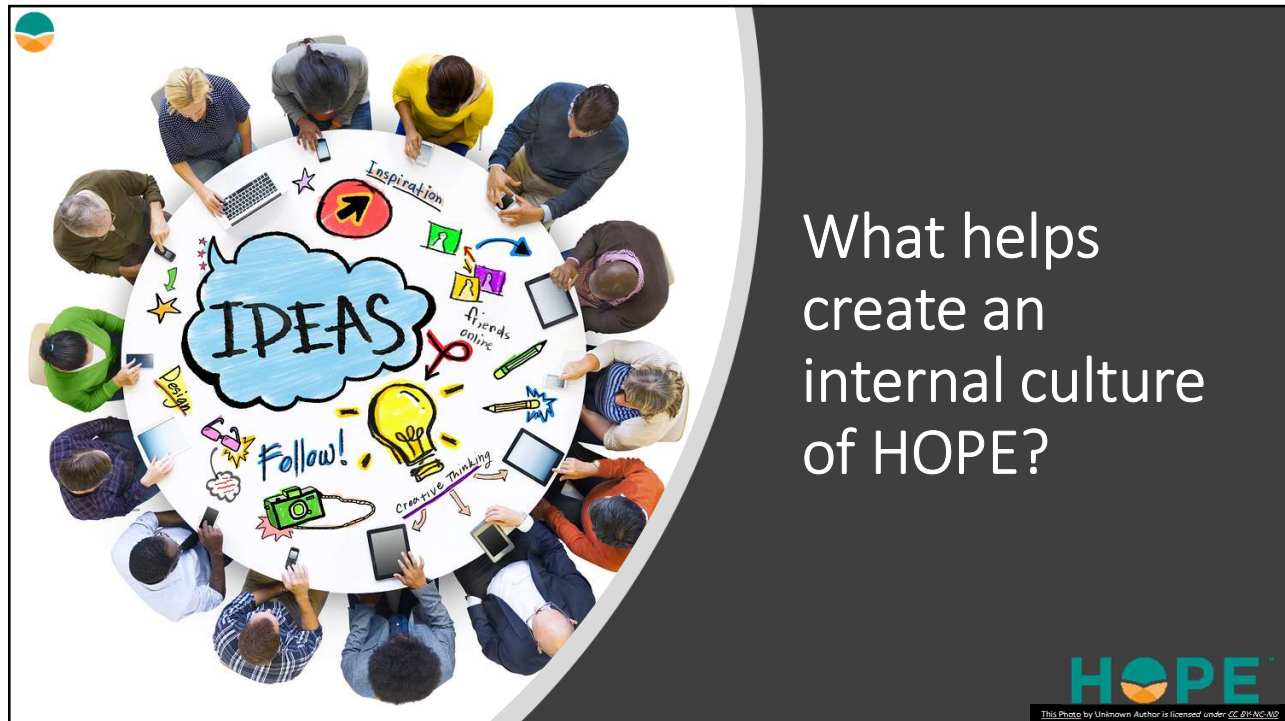
How can the HOPE framework help the child build *strengths*?



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What helps
create an
internal culture
of HOPE?

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- Find moments to highlight staff strengths
- Encourage discussion of family strengths during all case conferences
- Open team/department meetings by celebrating staff wins
- Carve out time to reflect on how services promote access to the Four Building Blocks

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- Revise intake forms to be HOPEful
- Train staff on HOPEful delivery of deficit-based screening tools
- Understand how your community defines the Four Building Blocks; create services to meet local definitions
- Create a Parent Advisory Board to ensure your policies and practices are culturally relevant



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What are you going to do to create HOPE in your organization this month?



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Evaluation Link: <https://forms.gle/f8agsK9LZR9JG1BS6>



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Spreading **HOPE**



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