

Practicing HOPE in the Coastal Tri-Counties

2023 BRIDGES TO RESILIENCE
LUNCH & LEARN SESSIONS



BRIDGES TO RESILIENCE
CONNECTING THE COASTAL TRI-COUNTIES
SAN LUIS OBISPO • SANTA BARBARA • VENTURA

Lunch & Learn Sessions

Goal

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

Wellness through various lenses



Changing Conditions

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



Strengthening Families

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



Mitigating Toxic Stress

- Mental health care
- Supportive relationships
- Quality sleep
- Balanced nutrition
- Physical activity
- Mindfulness practices
- Access to nature



Positive Childhood Experiences

- Relationships
- Environment
- Engagement
- Emotional growth

Positive Childhood Experiences

Positive experiences

- Promote children's health and well-being
- Allow children to form strong relationships
- Cultivate positive self-image and self-worth
- Provide a sense of belonging
- Build skills that promote resilience



HOPE aims to better understand and support these key experiences

- 2015 population study in Wisconsin
- Asked about ACEs and PCEs
- Correlated with mental health

HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

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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®

Intersections & opportunities for integration



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Bridges to Resilience 2023

Kickoff Webinar recordings and materials now available
www.BridgestoResilience.com/resources

Lunch & Learn Sessions: 11:30am – 12:30 p.m.

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

