



The Power of HOPE

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Activity

Take a moment to think about your childhood...



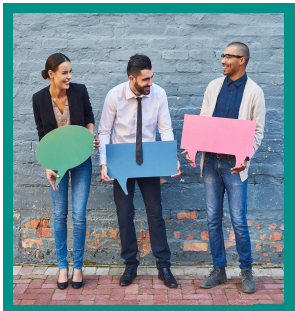

Using words or designs create an image of a positive childhood memory of play.

- Who was with you?
- Where were you?
- What stands out?



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Raise your hand if you are willing to share your drawing in a few words.

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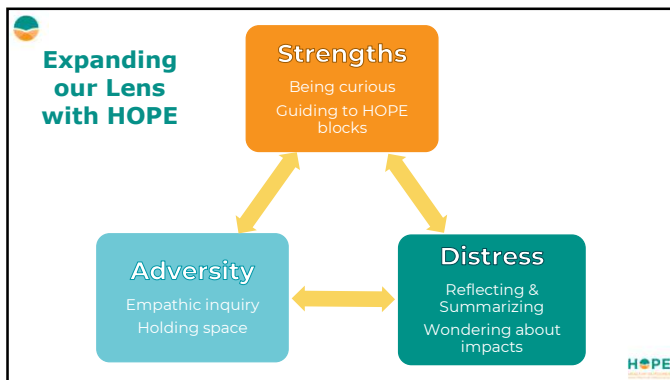
C-1 The Power of HOPE

The Four Building Blocks of HOPE

- RELATIONSHIPS**
Relationships with other children and with other 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.
- IDENTITY**
Emotional growth through playing and interacting with peers for self-awareness and self-regulation.

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Expanding our Approach with HOPE

- Sharing power**
 - Parent as expert
 - Agenda sharing
- Coming alongside**
 - HOPE is your superpower
 - We are in this together!

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HOPE in Practice: YMCA

- All staff trainings, reflective sessions, supervisor support
- Quality support specialists, Early Childhood Mental Health Consultation
- Cafes, Learning Sessions, Strengthening Families programs
- Parenting support, reflective spaces for caregivers and staff

RELATIONSHIPS

ENVIRONMENT

ENGAGEMENT

EMOTIONAL GROWTH

Lessons Learned

- Relationships are everything
- Build on existing strengths
- Consider the needs at multiple levels of leadership

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HOPE In Practice First Steps


Relationships	Environment	Engagement	Emotional Growth
 <small>RELATIONSHIPS</small>	 <small>ENVIRONMENT</small>	 <small>ENGAGEMENT</small>	 <small>EMOTIONAL GROWTH</small>
<ul style="list-style-type: none"> • Screening & assessment • Service Planning • Curriculum • Home Visits 	<ul style="list-style-type: none"> • Community-Based organizations • Satellite sites 	<ul style="list-style-type: none"> • Social groups • Friends & Family Referrals 	<ul style="list-style-type: none"> • Play Groups • Preschool Referrals

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Process Check-In

- How does your current work practice and process reflect a HOPE-informed approach?
- How are you inviting feedback?
 - How often do you invite feedback?
- Who is typically doing the talking?
- Who is typically doing the listening?

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Recognizing which part of your brain is leading the interaction




Brain Stem- Survival

Unconscious, immediate reactions to difference/danger




Limbic Brain- Relational & Emotional




Cortex- Problem Solving


Slow, conscious strategies to mitigate bias




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Trauma impacts the way we see the world



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Somatic Check-In

Now that you have some context around how we have shifted our practices to be HOPE-Informed, think about your scope of work.

What **do you notice in your body** when you think about interactions with caregivers?


Are there moments of dread?
Are there moments/points you enjoy?

What do you notice in your body when you think of how the caregiver might be experiencing this interaction?



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Auto-Pilot



- Commitment to Service
- Knowledge/Expertise/Problem Solving Skills
- My Personal Experiences

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Self-Awareness




Curiosity & Perspective Taking

- RELATIONSHIPS
- ENVIRONMENT
- ENGAGEMENT
- EMOTIONAL GROWTH

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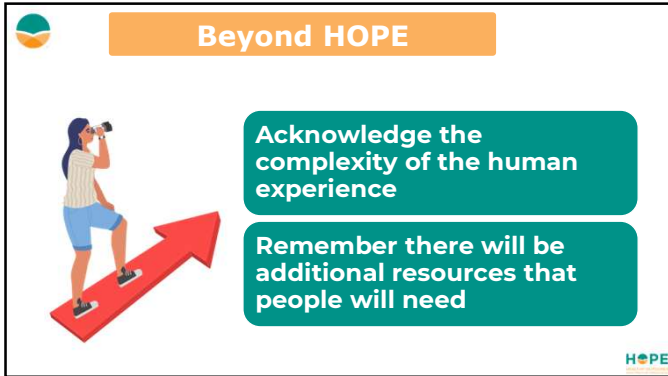
Mitigating ACEs



- PCEs are primary experience**
 - as we grow it's the ACEs that mitigate those experiences.
- The four building blocks provide a guide**
 - to make the most meaningful impact through your work.
- Always opportunities**
 - to help families explore the resources already at their disposal.

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Beyond HOPE

A woman in a white shirt and blue shorts stands on a red arrow pointing up and to the right, looking through binoculars.

Acknowledge the complexity of the human experience

Remember there will be additional resources that people will need

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Stay in Touch!

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the Y
YOUTH MOVEMENT FOR COMMUNITY ACTION

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Spreading **HOPE**

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