

We Can't Wait Session D1

HOPE Framework: HOPE Trainers

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Welcome and Introductions

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HOPE
HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

Why HOPE Exists

- Positive experiences help children grow into more resilient, healthier adults. HOPE aims to better understand and support these key experiences.

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Core assumption
from the Science of the Positive:

The **positive** exists, it is real and worth growing.

Positive experiences:

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

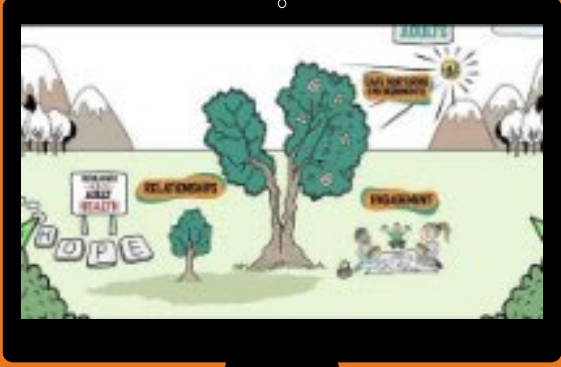
Linkenbach, J. (2007, 2018). The Science of the Positive: The Seven Core Principles Workbook: A Publication of The Montana Institute, LLC.







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What is the HOPE Framework?





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The Four Building Blocks of HOPE







Relationships with other children and with other adults through interpersonal activities.




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



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



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



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Local HOPE Activities

- Participation in the HOPE Innovation Network
- Building awareness through presentations
- Growing knowledge through trainings
- Growing capacity through certified HOPE trainers (8) and HOPE Champions (2)
- Hosting national Community of Practice for HOPE in Spanish
- Launch of local HOPE Community of Practice

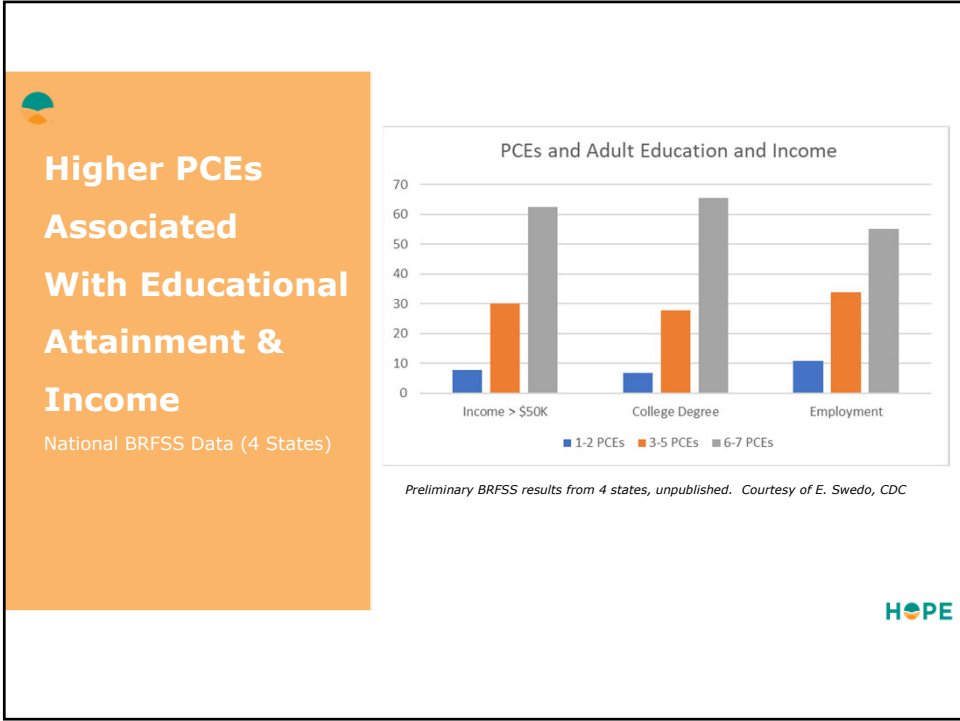
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HOPE in Systems

- HOPE applies across the lifespan to all ages and stages (young children, teens, students, young and older adults)
- There is a parallel process factor: Paying attention to HOPE in supervisors, admins, faculty, etc
- There is a self-efficacy factor in HOPE: Whereas young children need positive experiences to be shaped and made available to them, teens on up can seek/choose them



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SDSU: A HOPE Inspired University

Vision: Students, Faculty, Staff, and Administration become catalysts of HOPE in their families and professional lives.

Four Building Blocks

Relationships
Cultivate supportive relationships for students, staff, and faculty.

Safe, Equitable, Stable Environments
Assess SDSU for safety, equity, and stability for students, staff and faculty.

Social and Civic Engagement
Develop a sense of belonging and connectedness for students, staff, and faculty.

Emotional Growth
Ensure access to resources, programs, and supports for the social, emotional, and mental well-being of students, staff, and faculty.

San Diego State University
Social Policy Institute
School of Social Work

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Panel and Participant Engagement

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Join the San Diego HOPE movement!

- Participate in HOPE training
- Become a HOPE trainer
- Foster the four building blocks in your programs, policies and practices
- Adopt HOPE as a program/ agency framework
- Join a San Diego HOPE Community of Practice

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Interested? Please sign-up here for more information:
<https://forms.office.com/r/uGjwaC4FuR>

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Thank you!



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