

Got HOPE?

Bringing the future into focus using a strength-based lens

Natalie Elms, Manager
KidSTART Center
Rady Children's Hospital San Diego

Amy Isiaho, Policy Analyst
Office of Child & Family Strengthening
Child and Family Well-Being Department



LEARNING OBJECTIVES

1. Review the HOPE framework and learn the building blocks of HOPE
2. Explore the actions one program has taken to integrate the HOPE framework and how this can elevate the systemic changes in San Diego County
3. Identify actions that can be taken in your organization to integrate a more HOPEful lens with families

01 GOT HOPE?

02 HOPE REFRESHER

03 KIDSTART'S JOURNEY WITH HOPE

04 SHIFTING TO A MORE HOPEFUL LENS

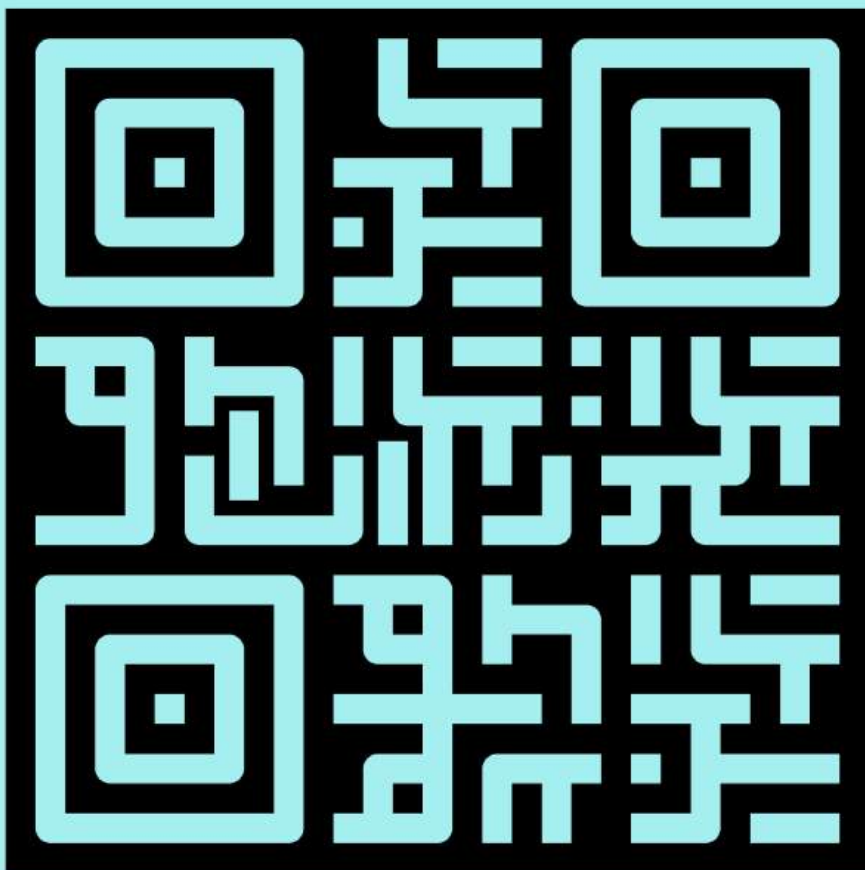
05 WHAT IS NEXT?

06 QUESTIONS



A-1 Got Hop?

How familiar are you with **HOPE?**

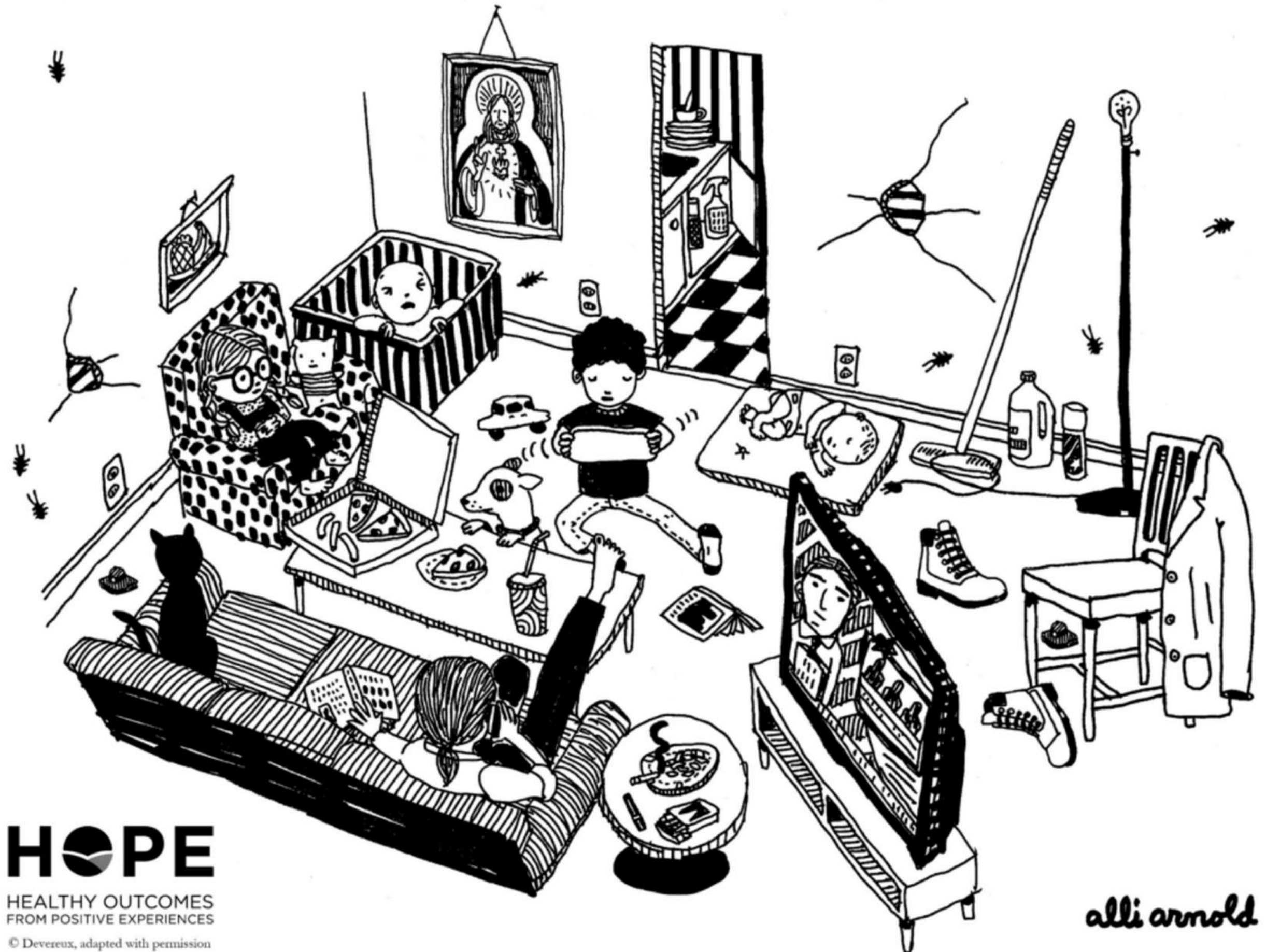


**Share with us here
on Mentimeter!**



Please share what first stands out to you about this picture in the chat box.

What do you notice?



HOPE

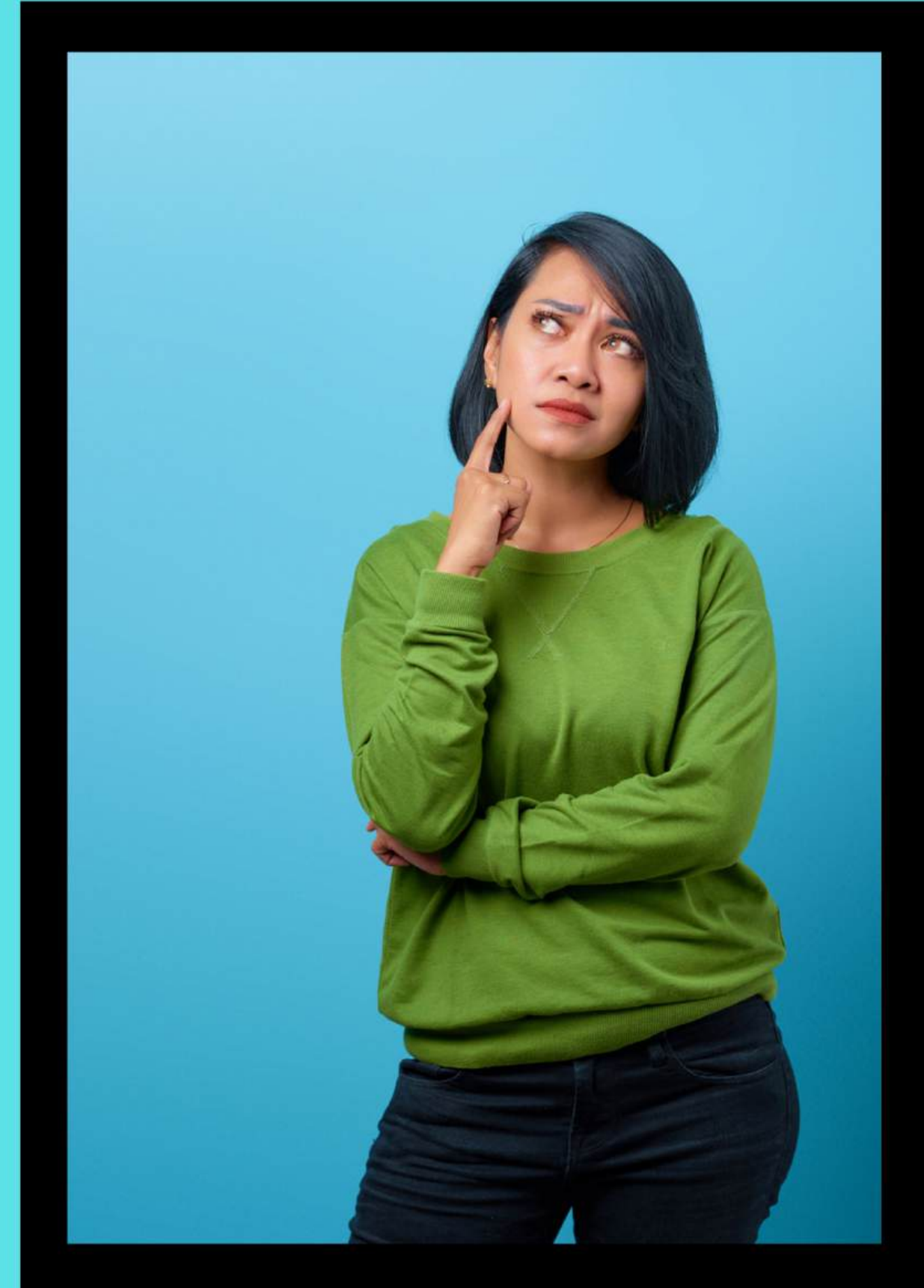
HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

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alli arnold

WERE RISK OR PROTECTIVE FACTORS EASIER TO SEE?

1. Protective factors were easier to see
2. Risk factors were easier to see
3. They were about the same



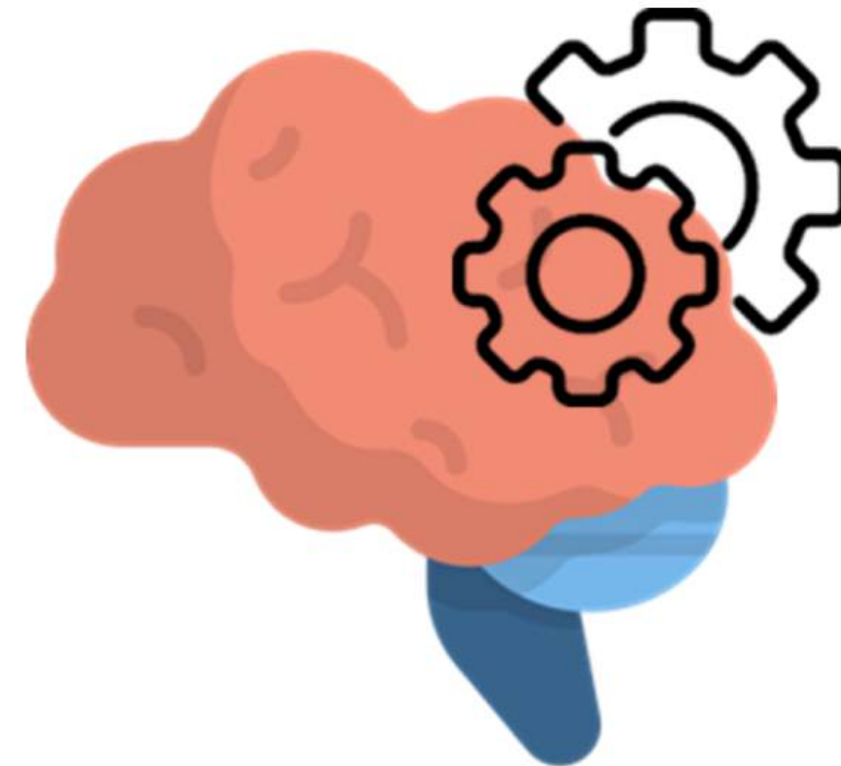


Type 1 Thinking

- Fast, intuitive, unconscious thought
- Everyday activities
- Effortless
- Training and experience
- Implicit Bias

Type 2 Thinking

- Slow, calculating, conscious
- Solving a problem
- Takes more effort
- Something novel
- Perceiving variability
- Perspective taking





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**





Many systems focus on the negative

Screening tools, many of which codify implicit bias, create a presumption of deficit

HOPE shifts the narrative: people are defined by their strengths as well as their challenges.

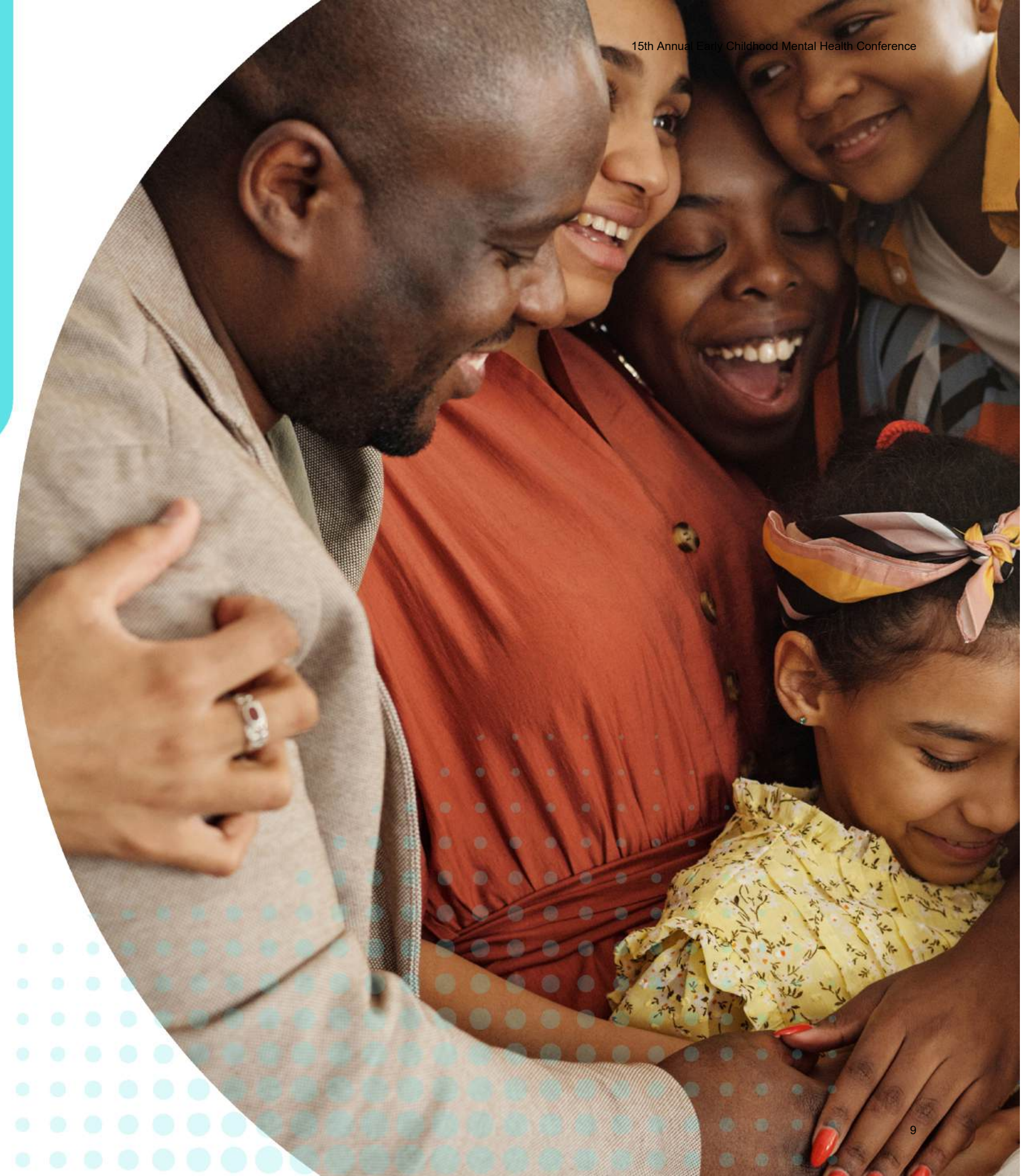
HOPE creates a presumption of strength

POSITIVE CHILDHOOD EXPERIENCES (PCES)

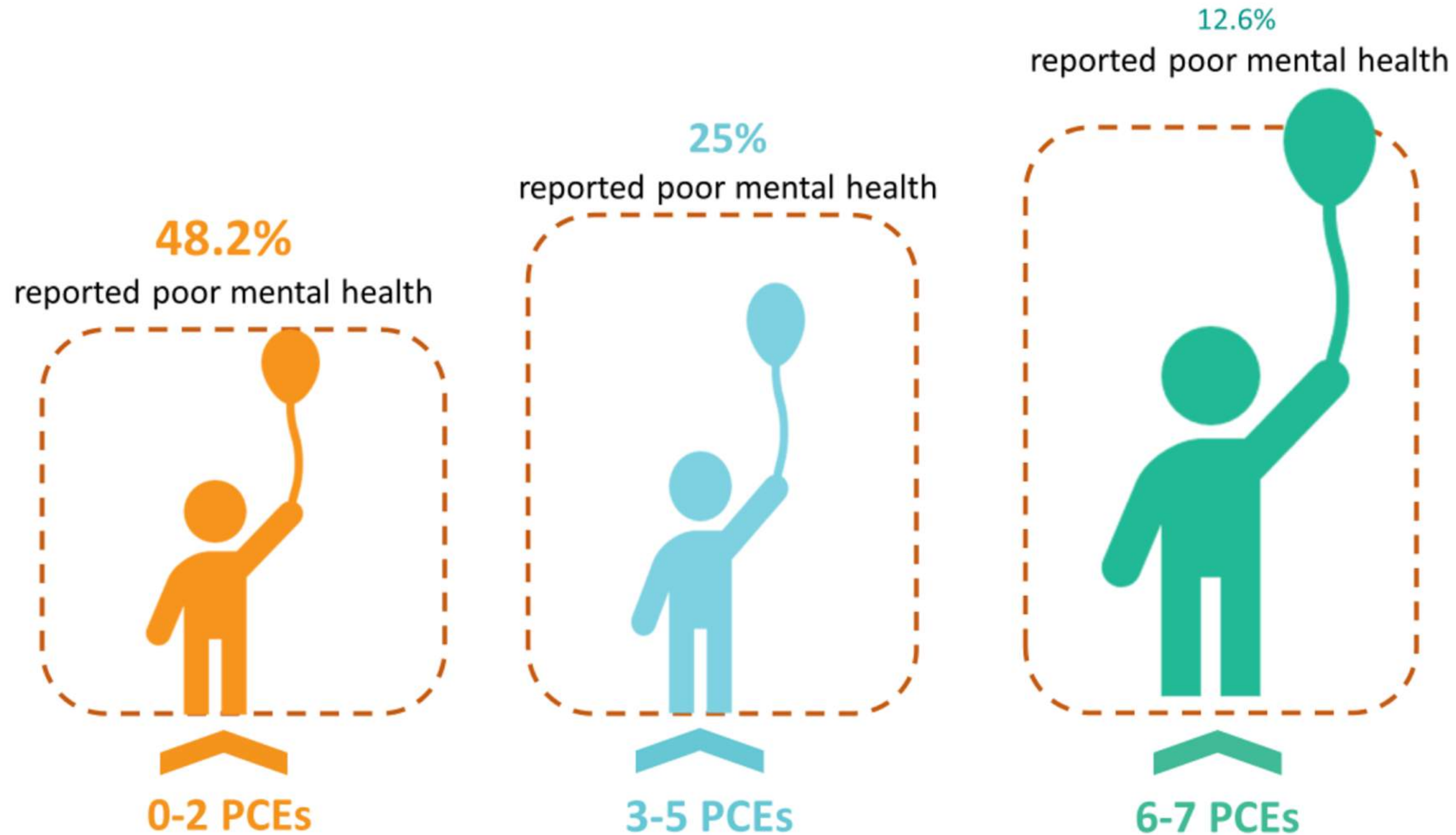
PCEs were developed by adding questions to the Wisconsin Behavioral Risk Factor Surveillance System survey

PCE Scale Questions

1. Feel able to talk to your family about feelings
2. Feel your family stood by you during difficult times
3. Enjoy participating in community traditions
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took genuine interest in you
7. Feel safe and protected by an adult in your home



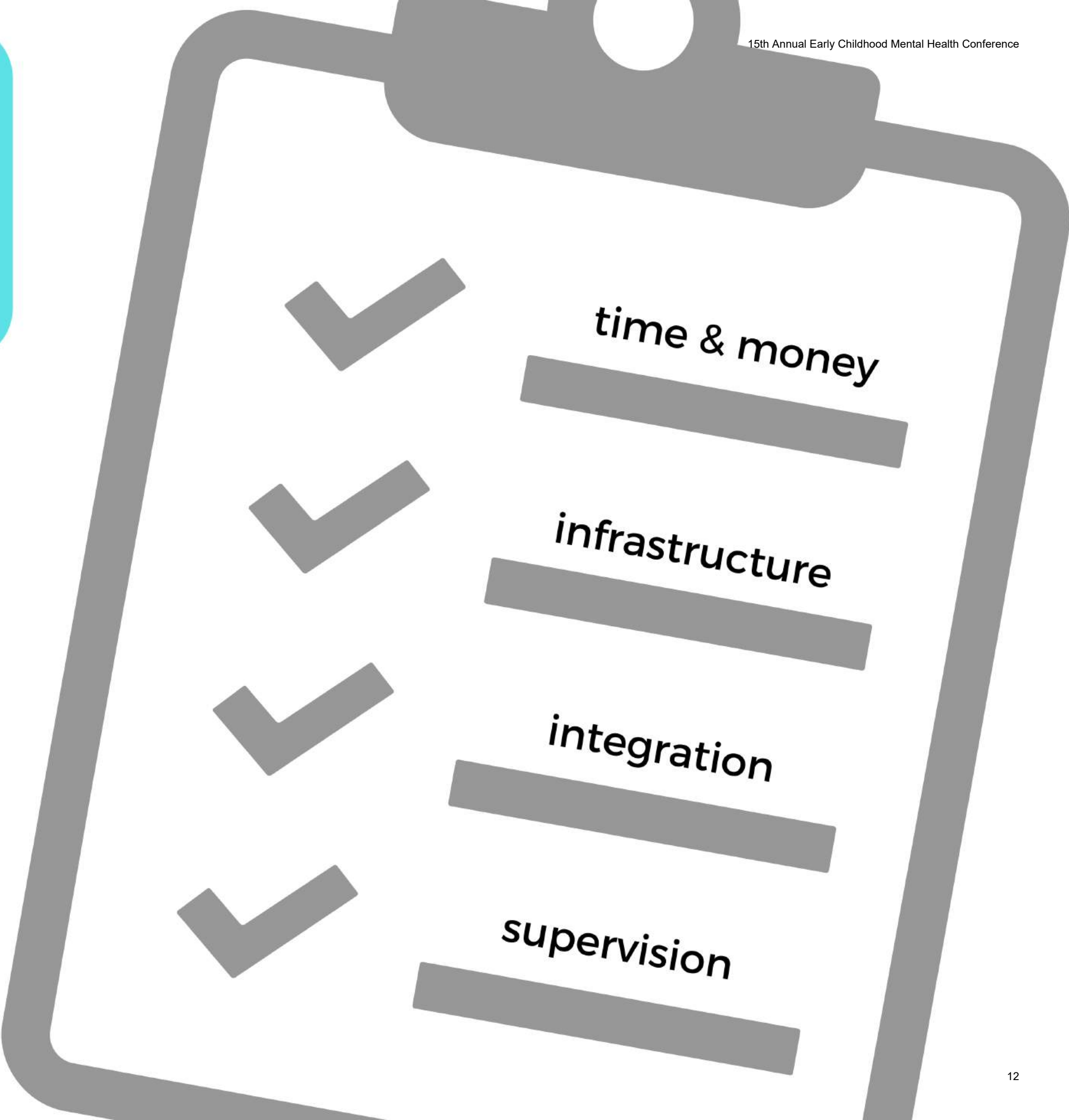
Positive Childhood Experiences (PCEs) Protect Adult Mental Health



BUILDING BLOCKS OF HOPE



Framework overload?



IMPLEMENTATION

- Change can be incremental
- Enhance existing work
- Reframe conversations
- Shift in mindset

**What does this look like
in a real organization?**



A simple stick figure with a smiling face, arms raised, and a red body with a yellow star. It is positioned to the left of the title.

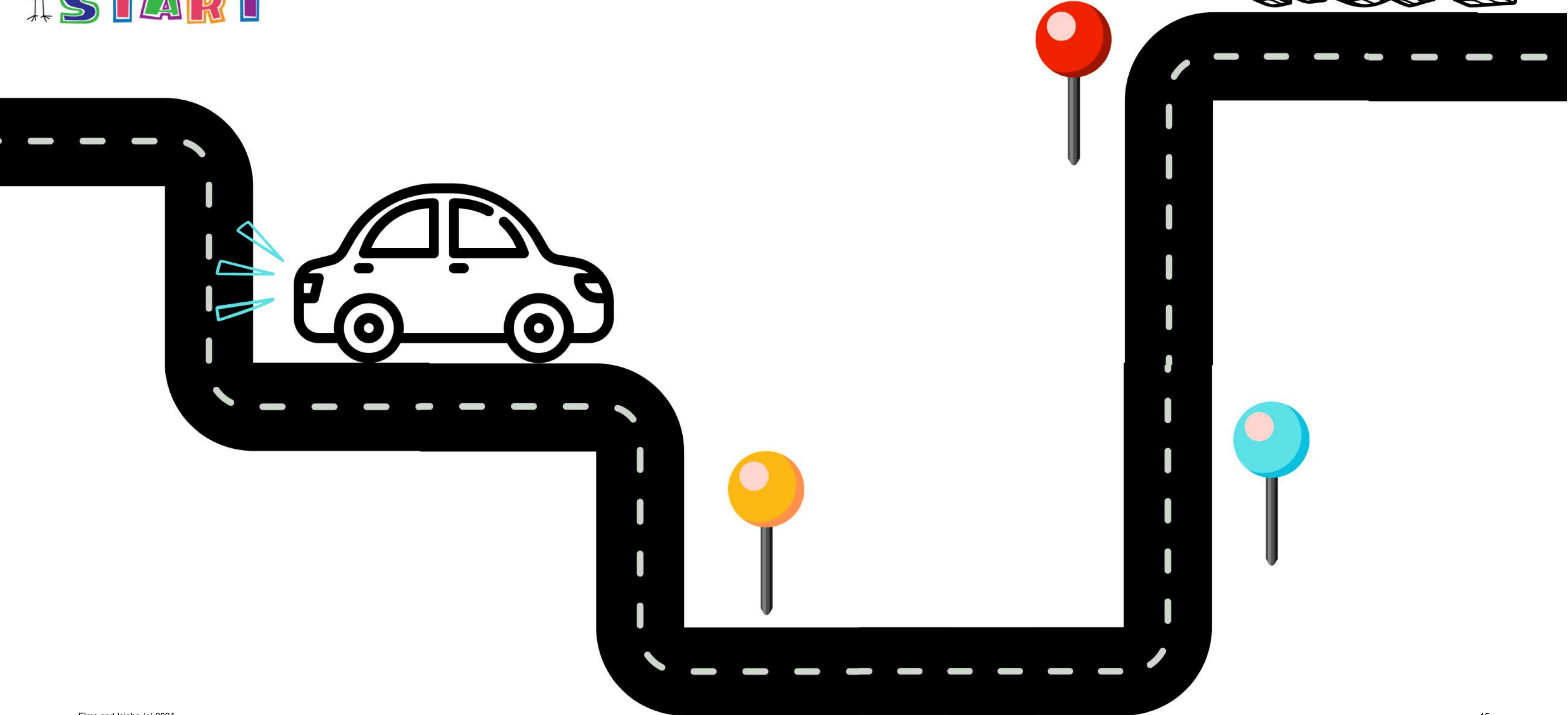
KID START

- Supporting young children with complex developmental and behavioral health needs
- Utilizing transdisciplinary approach to treatment
- Trauma responsive team
- Holding caregiver mental health
- Coordinating with the child's circle of care

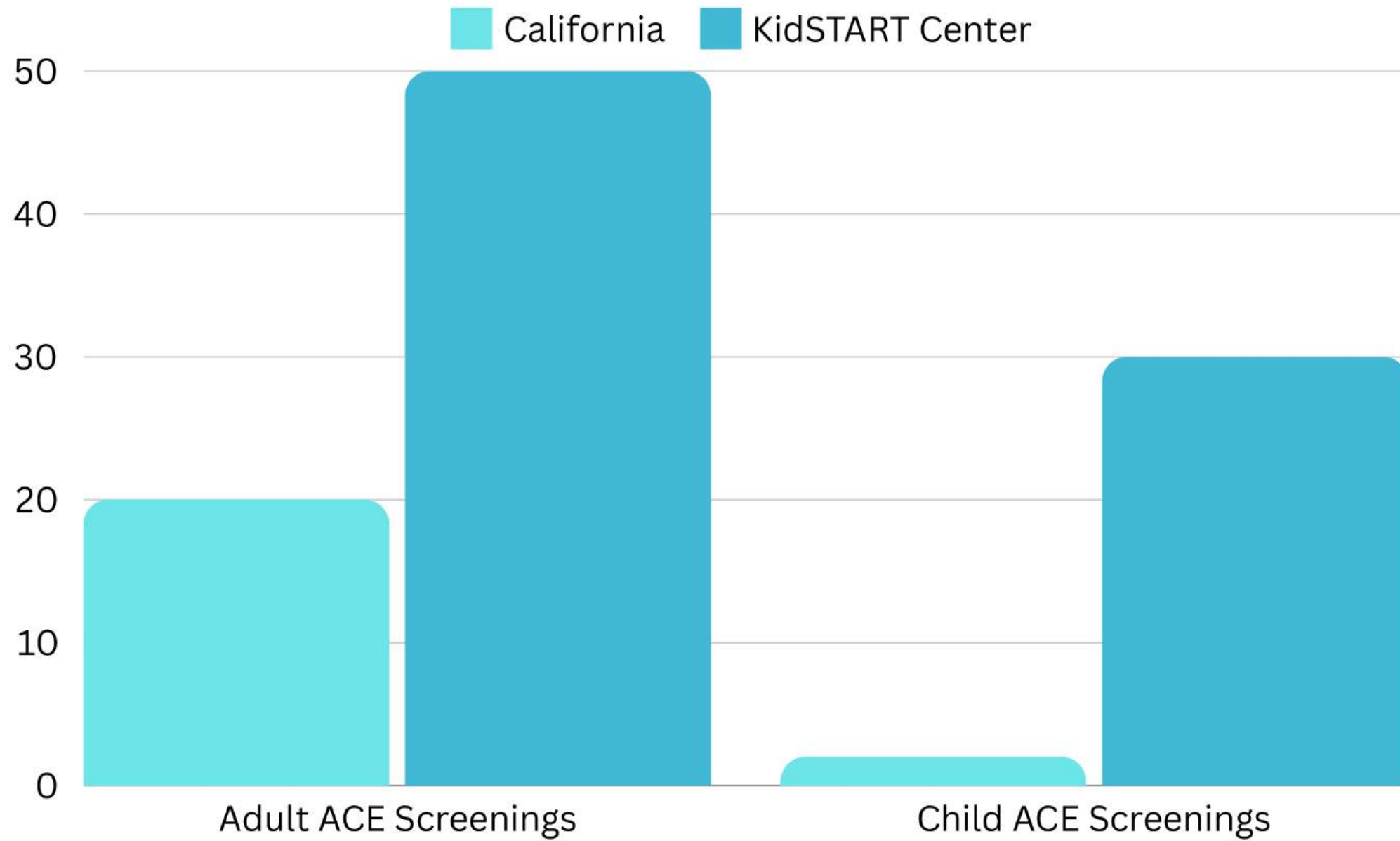




HOPE



Moving Beyond ACEs



Comparing ACE data for KidSTART & the state of California



Our KidSTART families need us to shift our focus to see their strengths!

HOPE

WHAT ARE WE ALREADY DOING?



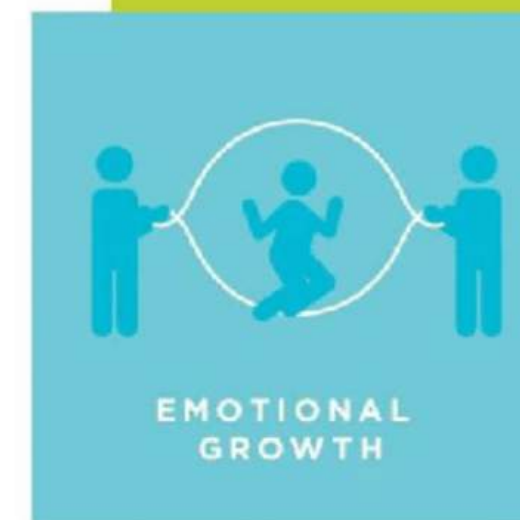
Relationships within the family and with other children and adults through interpersonal activities.



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.

Relationships

Every family has a Social Worker assigned to support them

Understanding the circle of care and support system of the family

Integrated Clinical Team Meetings





Engagement

Meeting people where they are

Developing and utilizing Care Plans

Helping children and families to
experience success



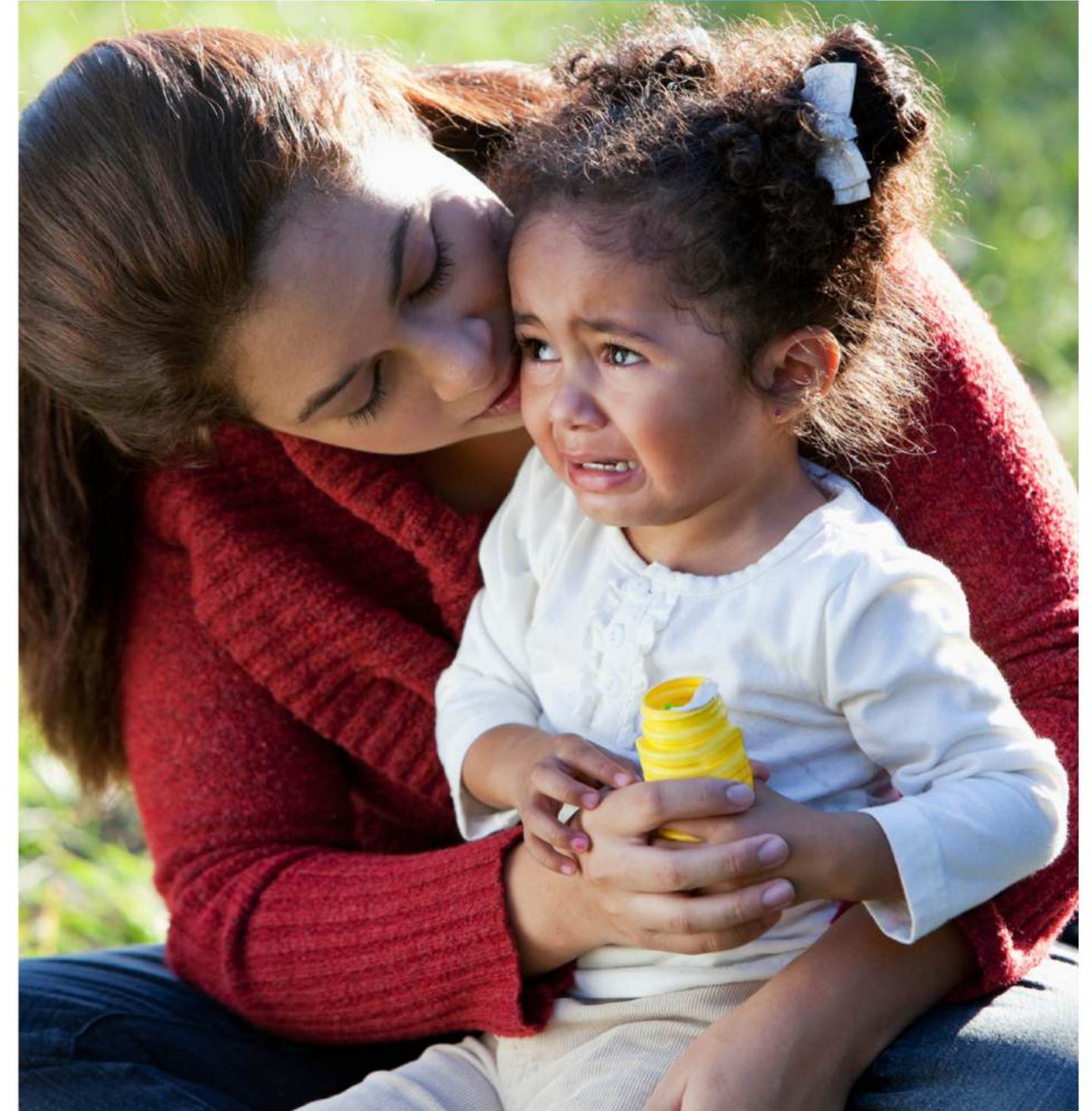
Environment

- Home visits and community-based visits
- Helping families meet basic needs via community resources
- Stability at home and school
- Integrating the cultural practices of families into our group program
- Safe and supportive group environment

Whenever I speak with Joy, she would help me with everything! I never felt judged.

Emotional Support

- **Screening for Caregiver Mental Health every 6 months**
- **Utilizing Motivational Interviewing**
- **Reflective Supervision**
- **Building from one positive, healthy relationship**



Let's Reflect.



What are some highlights from your breakout session?



Taking Steps Forward

Go slow to go fast.

Step 1:

Reflect on HOPE building blocks with a family

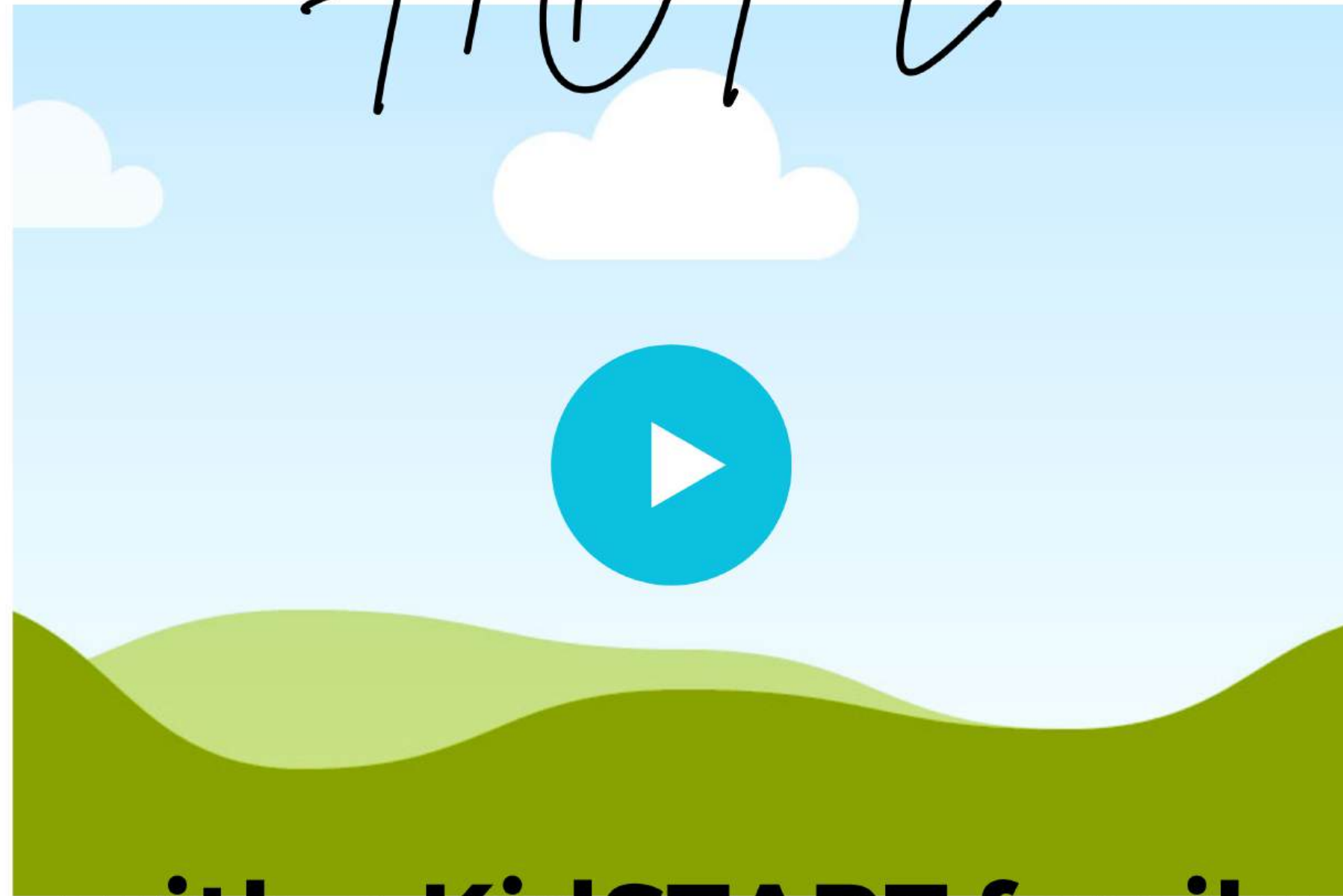
Step 2:

Reflect on this experience with the clinician

Step 3:

Keep stepping forward!

Reflecting on the building blocks of HOPE

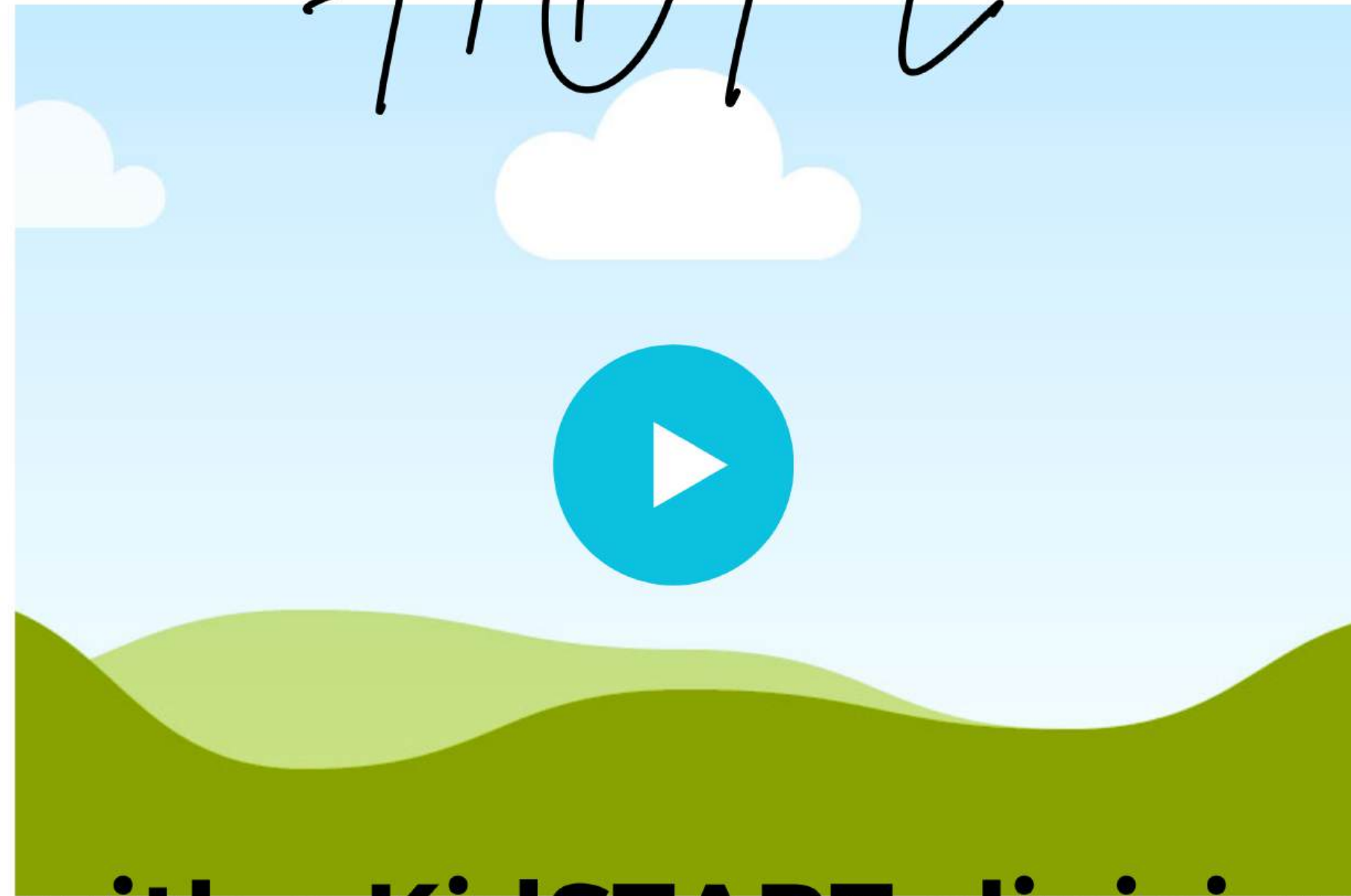


with a KidSTART family



Reflect
**What stood
out to you?**

Reflecting on the building blocks of HOPE



with a KidSTART clinician



Reflect

**What resonated
with you?**



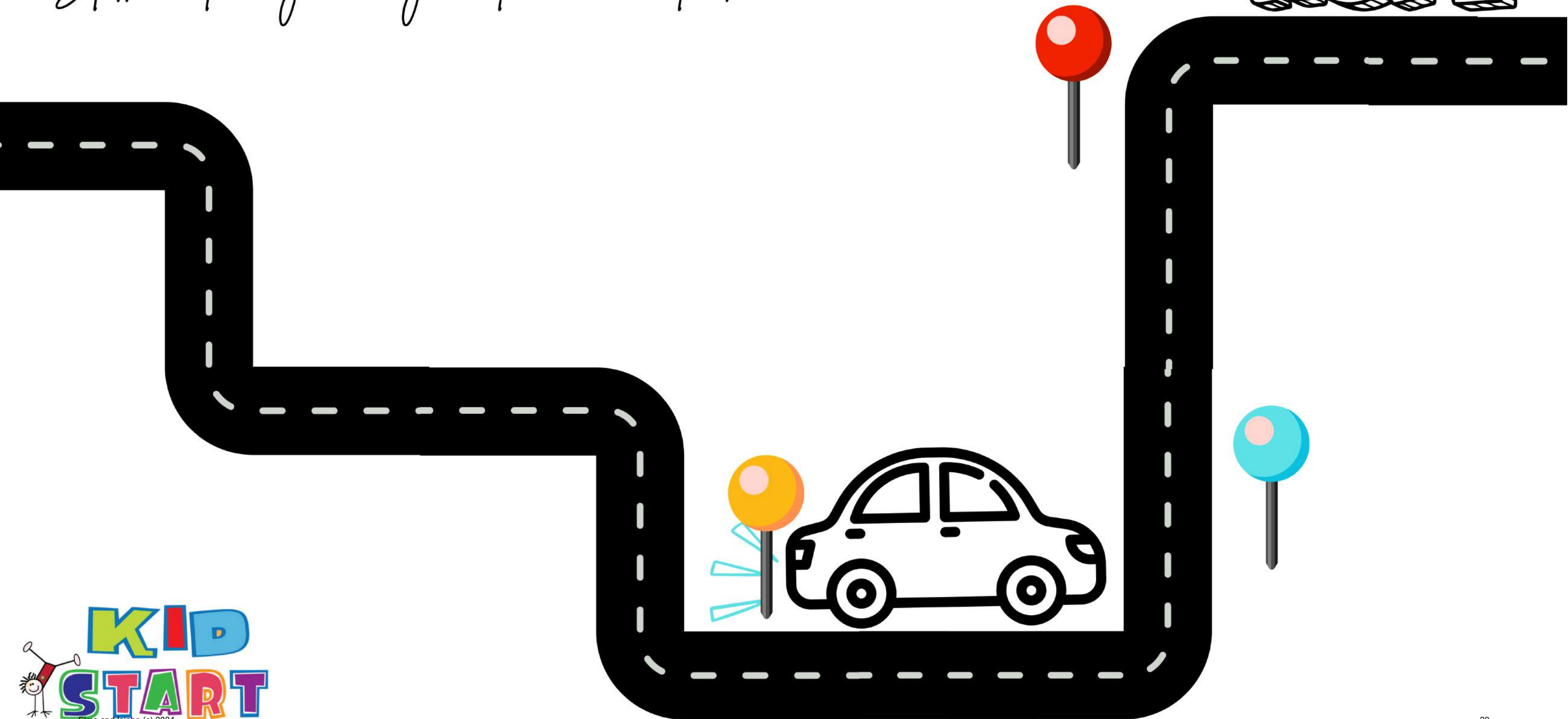
Opportunities Ahead!

The HOPE journey continues...

- HOPE training for KidSTART Center and Clinic team members
- Looking across KidSTART Center and Clinic at how we can implement the building blocks at intake
- Connecting with the HOPE inspired system in San Diego

Still on this journey, but we're not alone!

HOPE



Shifting to a

HOPEFUL LENS



Building Partnerships

CROSS-SECTOR COLLABORATION

- **Shared Foundation**
- **Common Language**
- **Strengths-Based**

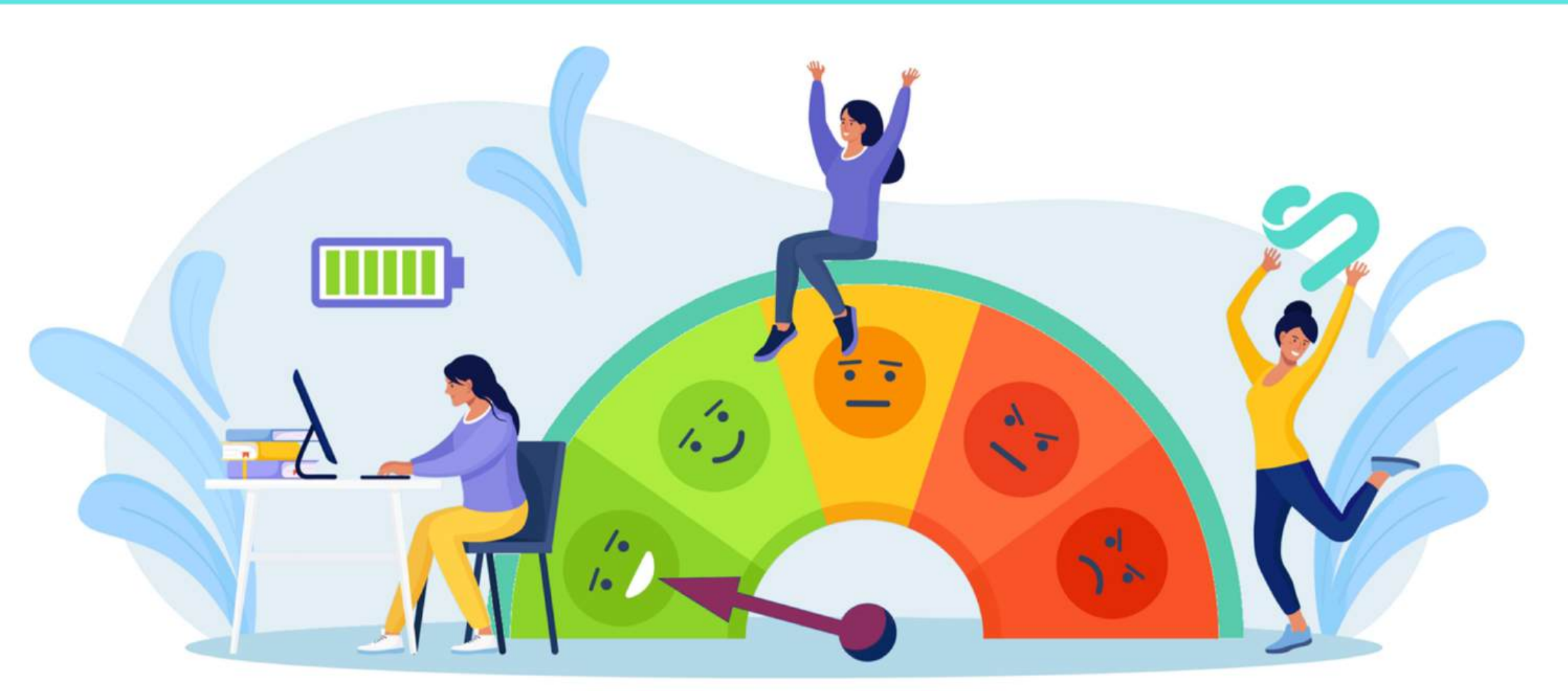




**Existing HOPE
Partners**



Workforce Benefits



- **Positive experiences aren't just for children**
- **Boosting morale within the workforce**
- **Resources for engagement**

What does this look like in practice?



Call to action!



How is your organization
HOPEful with regard to...
RELATIONSHIPS

How is your organization
HOPEful with regard to...
ENVIRONMENT

How is your organization
HOPEful with regard to...
ENGAGEMENT

How is your organization
HOPEful with regard to...
EMOTIONAL GROWTH

THANKS FOR JOINING US TODAY!

Reach out to learn more!

Natalie Elms, nelms@rchsd.org

Amy Isiaho, amy.isiaho@sdcounty.ca.gov

