

8-12

**MAY
2023**

SPREAD

HOPE!



DIGITAL TOOLKIT FOR H.O.P.E WEEK!



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WHAT IS H.O.P.E.?

H.O.P.E. stands for Healthy Outcome From Positive Experiences.

According to the national HOPE organization, H.O.P.E. is a way of thinking and talking about experiences that support children's growth and development into healthy, resilient adults. It's based on four essential building blocks for healthy childhood development: relationships, safe environments, social and civic engagement, and emotional growth. By providing these building blocks, youth can develop the skills they need to thrive and succeed.

WAYS TO PARTICIPATE

NURTURE RELATIONSHIPS

Spend quality time with the young people you work with and in your life. Be sure to listen actively to their concerns, and be a positive role model.

PROVIDE A SAFE ENVIRONMENT

Ensure that your community provides a safe and stable environment for young people. This includes providing safe physical environments and safe emotional environments where youth feel valued and supported.

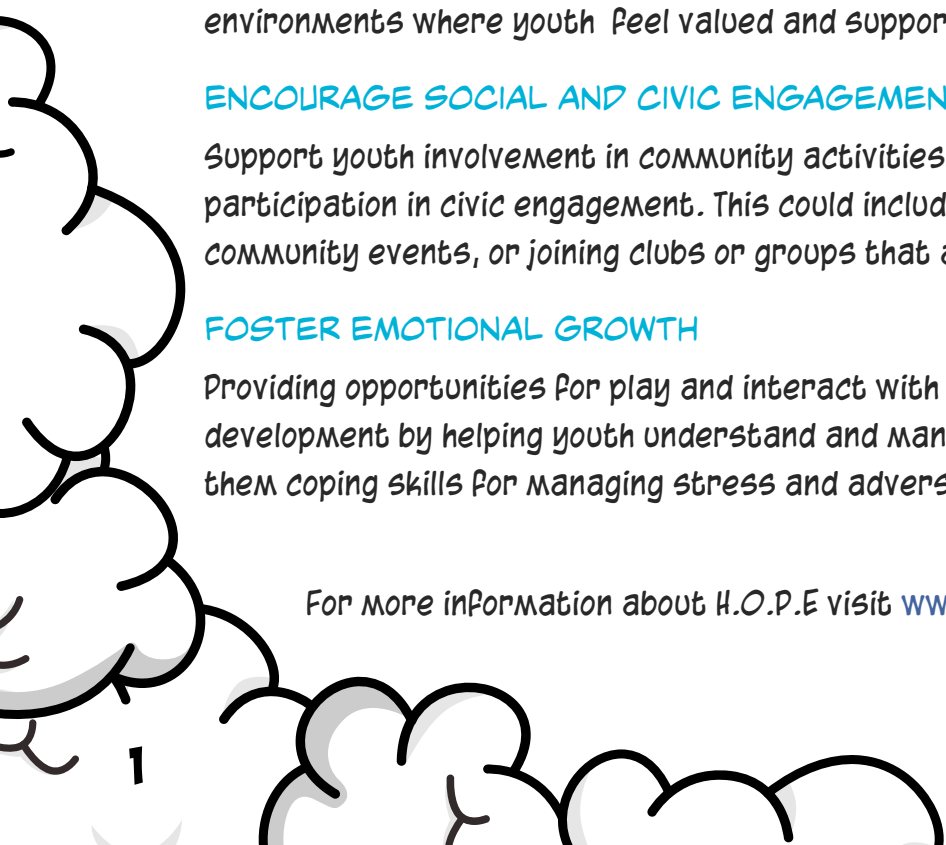
ENCOURAGE SOCIAL AND CIVIC ENGAGEMENT

Support youth involvement in community activities and encourage their participation in civic engagement. This could include volunteering, participating in community events, or joining clubs or groups that align with their interests.

FOSTER EMOTIONAL GROWTH

Providing opportunities for play and interact with peers. Support emotional development by helping youth understand and manage emotions, and by teaching them coping skills for managing stress and adversity.

For more information about H.O.P.E visit www.positiveexperience.org





SPREAD H.O.P.E. IN YOUR COMMUNITY

Here are a few ideas on ways to participate in your community, school, organization or with your family. Many activities have links to further information in the [resource section](#).

COMMUNITY

- ⚡ Contact your city officials and ask them to do a proclamation for H.O.P.E Week!
- ⚡ Arrange a screening of the documentary *Resilient Idaho: Hope Lives Here!* Use the Discussion Guide to start a community conversation.
- ⚡ Organize a trash collection meet-up in a local park to raise awareness of H.O.P.E!
- ⚡ Arrange to paint a H.O.P.E mural in your community!

SCHOOLS

- ⚡ Discuss ways students can handle big emotions using the [Hope Training Guide: Empowering Students to Build Resilience!](#)
- ⚡ Distribute [Hope Kits](#) with kids and families to use resilience building activities at home.
- ⚡ Encourage students to identify a supportive, helpful adult in their life they can rely on.
- ⚡ Identify one day as "High Five Day" and invite school staff and local leaders to give students high-fives and encouragement as they enter school.





ORGANIZATIONS

- Arrange a walk or hike with your colleagues in one of your favorite areas to get outside and talk about the ways you reduce stress and build resilience!
- Host a screening of the video-trilogy on teens and mental health. View the videos and supporting documents [here](#).
- Complete a few group resilience activities to boost healthy outcomes by creating positive experiences!
- [Promote](#) and support H.O.P.E week on your networking sites!

FAMILIES

- Start a Gratitude Challenge with your family.
- Watch the 'Raising Resilient Kids' and 'The Rhythm of Resilience' videos on PBS.
- Write [Hope Notes](#) for your family members and friends.
- Create intentional time for unstructured play. Do something that makes you laugh!

FOR EVERYONE

Talk to the people in your life about mental health and resilience. Help them identify their emotions and think of times they have been resilient in their own lives!



TO POST YOUR H.O.P.E WEEK COMMUNITY EVENT OR FIND EVENTS NEAR YOU, CHECK OUT THE [COMMUNITY CALENDAR](#) THROUGH THE IDAHO RESILIENCE PROJECT.



HOPE KITS

The Idaho Resilience Project has provided resources for Hope Kits, which can include drawstring backpacks, Frisbees, jump ropes, and stickers to be distributed to young people and families by your organization. To obtain Hope Kit supplies, please contact the designated locations in your region beforehand. The materials will be distributed on a first-come-first-serve basis, with some locations imposing a maximum limit on the amount of materials available.

REGION 1		
Raelynn Loken	raelynn.loken@cdaschools.org	Coeur D'Alene School District 1400 N. Northwood Center Ct. Coeur d' Alene, ID 83814

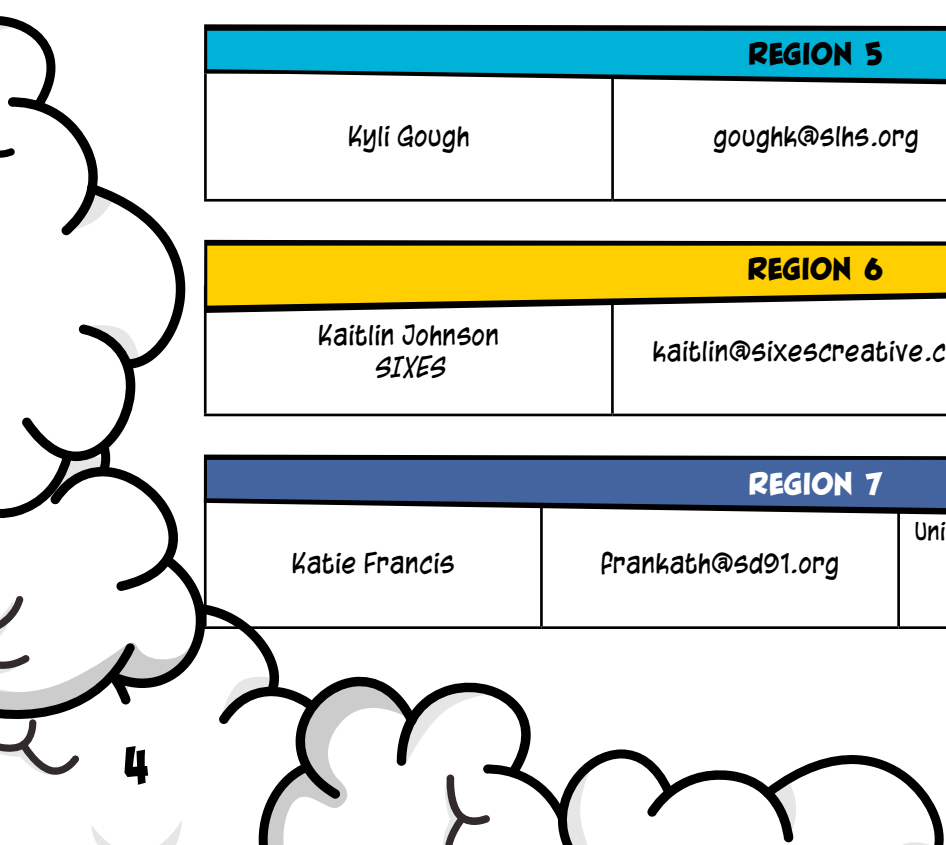
REGION 2		
Ginny Foote	ginny@vfooteconsult.com	1002 Webster St Clarkston WA 99403

REGION 3 & 4		
Jessica Ruehrwein	jruehrwein@lcsnw.org	Lutheran Community Services Northwest 2920 Cassia St. Boise, ID 83705

REGION 5		
Kyli Gough	goughk@slhs.org	St. Luke's Magic Valley 801 Poleline Rd. Twin Falls, ID 83301

REGION 6		
Kaitlin Johnson SIXES	kaitlin@sixescreative.com	SIXES Creative 225 Yellowstone Ave Pocatello, ID 83201

REGION 7		
Katie Francis	Frankath@sd91.org	United Way of Idaho Falls & Bonneville County 1649 Woodruff Park Circle Idaho Falls, ID 83401





GET THE WORD OUT!

Here are graphics you can post on your social media sites to share about, participate and raise awareness around H.O.P.E week. Click on a graphic to download and feel free to copy and paste our captions on your post!

Creating H.O.P.E. is one of the most important things you can do for a child's healthy development. By providing supportive relationships, safe environments, social and civic engagement, and opportunities for emotional growth, we can help children thrive and become resilient adults. Let's work together to create H.O.P.E. for the next generation! #HOPELivesHere

#HOPELIVESHERE

DID YOU KNOW?

CREATE H.O.P.E
(HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES)
POSITIVE CHILDHOOD EXPERIENCES
HELP CREATE **HEALTHY, THRIVING, RESILIENT** ADULTS.

JOIN US FOR
HOPE WEEK MAY 8-12

May 8-12 is HOPE Week! This week, let's focus on building strong foundations for the next generation by creating supportive relationships, safe environments, social and civic engagement, and opportunities for emotional growth. We don't have to be superheroes to make a difference in the lives of children and help them reach their full potential. #HOPELivesHere

#HOPELIVESHERE

CONTINUE THE CONVERSATION
BEYOND MENTAL HEALTH MONTH
LET'S BUILD H.O.P.E ALL
YEAR LONG!

H.O.P.E WEEK
MAY 8-12

Join us in celebrating H.O.P.E. Week! May 8-12, we're focusing on creating Healthy Outcomes from Positive Experiences for children. By providing supportive relationships, safe environments, social and civic engagement, and opportunities for emotional growth, we can help children grow into healthy, resilient adults. #HOPELivesHere

#HOPELIVESHERE

MAY 8-12 IS
H.O.P.E WEEK!
HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

IPAHORESILIENCEPROJECT.ORG/EVENTS

CONTINUE THE CONVERSATION
BEYOND MENTAL HEALTH MONTH
LET'S BUILD H.O.P.E ALL YEAR LONG!

Building strong foundations for healthy childhood development is crucial! That's why we love the concept of H.O.P.E. - Healthy Outcomes from Positive Experiences. By providing these four building blocks, we can help children grow into healthy, resilient adults. #HOPELivesHere

#HOPELIVESHERE

DID YOU KNOW?

THE BUILDING BLOCKS OF H.O.P.E
HEALTHY OUTCOMES FROM POSITIVE EXPERIENCES

- RELATIONSHIPS
- SAFE, EQUITABLE, STABLE ENVIRONMENTS
- SOCIAL AND CIVIC ENGAGEMENT
- EMOTIONAL GROWTH

JOIN US FOR
HOPE WEEK MAY 8-12





MAKE IT OFFICIAL WITH A PROCLAMATION

Share this fillable form proclamation with your city officials. Click the form to download.

Proclamation for H.O.P.E. Week
May 8-12, 2023

Whereas, the mental and physical health of children and youth is important to families, communities, health care workers, and service providers across the [CITY OR STATE] _____; and

Whereas, services for children and families in [CITY OR STATE] _____ have incorporated trauma-informed care, based on the knowledge that adverse childhood experiences (ACEs) can cause long-term harm to physical and mental health.

Whereas, more recent research has shown that brain development is improved through Positive Childhood Experiences (PCEs); and,

Whereas, PCEs significantly decrease the risk of poor mental health and depression even among those of us who have experienced significant adversity as children; and,

Whereas, we now know that resilient communities can improve the chances that children will experience connection, safe places to live, learn and play, and have opportunities to engage with others. These key experiences go a long way to reducing the lifelong effects adverse community environments; and,

Whereas, families cannot provide PCEs alone; [CITY OR STATE] _____ can enter into partnerships that help create the strong families and communities that lead our children into lifelong health; and,

Whereas, there is H.O.P.E (Healthy Outcomes from Positive Experiences) for all


[CITY OR STATE] _____ families, including those who have faced adversities in their communities and within their families, because childhood adversity is not destiny; and,

Whereas, the H.O.P.E Week is a national effort supported by families, scientists, non-profits, research centers and institutes, universities, and government agencies to raise awareness about the significance of Positive Childhood Experiences in child, youth, and family services and supports, research, and policymaking; and

Therefore, I [NAME] _____, [TITLE] _____ of the [STATE OR CITY] _____, do hereby proclaim May 8th-12th, 2023 as H.O.P.E Week.

Signature

Title





ACTIVITIES AND RESOURCES

H.O.P.E WEEK ACTIVITIES AND RESOURCES

- [Hope Lives Here Training Guide: Empowering Students to Build Resilience](#)
- [Resilient Idaho: Hope Lives Here Documentary Discussion Guide](#)
- [Hope Notes - Print and spread around your community](#)
- [Raising Resilient Kids video series on PBS](#)
- [The Rhythm of Resilience video series on PBS](#)
- [Benefits of Unstructured Play](#)
- [See how 2C Kids Succeed implements High Five Friday](#)

ADDITIONAL MENTAL HEALTH COMMUNITY RESOURCES

Are you looking for ways to talk with your teenager or young adult about mental health? [Optum Conversation](#) can help.

To engage children of all ages, find free resources with games, activities and worksheets on the Children's Mental Health Acceptance Week page at [National Federation of Families](#).

