

# September Care Package

Hope & Healing Centered Engagement Practices



Washington Office of Superintendent of  
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## Bite (5-10 minutes)

### Data Scan



Check out some of the summary reports from the March 2021, [the COVID-19 Student Survey](#). It was administered throughout the state of Washington to students in grades 6 to 12. This anonymous and voluntary survey was created as a needs assessment to help capture the thoughts, feelings, and behaviors of students during the COVID-19 pandemic. The hope was that the results would help school leaders in their planning and student support programming, particularly for fall 2021.

### Washington State Data

- [Adverse Childhood Experiences \(ACES\) – Washington State](#)
- [Highlights from the Healthy Youth Survey - 2021](#)
- [Mental Health & Substance Use – Middle School Students](#)
- [Mental Health & Substance Use – High School Students](#)
- [School Experiences – Middle School Students](#)
- [School Experiences – High School Students](#)

### Hopeful Minds Research

- [Developing Hopeful Minds in Children](#)
- [The Effectiveness of Hopeful Minds Program among Primary School Children](#)
- [The Hopeful Minds project and Trauma Sensitive Approaches in Schools](#)
- [Hopeful Minds: An early intervention, school based mental health programme](#)

### Hope Tools

- [Hope Scales](#)
  - Help to identify where adults and youth are on their hope journeys and predict how hope will impact various outcomes, including academic achievement, work success, athletic performance, health, and resilience.

### Ask Yourself

- How have we (historically) treated well-being?
- What team monitors student well-being in our school/district? Do they have access to timely data?
- What community partners might be able to help meet student needs?



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## Snack (30 minutes)

### Option 1: Resource Review

- Access & explore the [Hopeful Minds Curriculum and Resource Page](#), a repository of resources to aid educators in the implementation of Hope Science within their schools.
- The curriculum and resource page includes resources that educators can use to support Hope-building in their schools, learn more about Hope science, and access curriculums and lessons that can be implemented within classrooms and at home.



### Discuss With Your Team

- When you think about trauma, where does it show up in your work?
- What does trauma-informed care mean to you and within your school/district?
- Is Hope a thinking (cognitive) or a feeling process?

### Option 2: Review the Hopeful Minds Educator Guide

- Download the [Hopeful Minds Educator Guide](#)
- Align the concepts with your current practices

Consider attending [Camp HOPE America Training](#). Camp HOPE America is the leading year-round camping and mentoring program in the country for children and teens impacted by domestic violence. The camp is focused on creating collaborative, trauma-informed, as well as hope-centered and healing-centered pathways for trauma-exposed youth to believe in themselves, in others, and in their dreams.

## Meal (90 minutes +)

### Watch & Discuss the December 2020 Graduation Equity Webinar

#### *Youth Engagement 201: Cultivating Hope for Meaningful Youth Engagement*



Did you know that hope can be measured? Watch Chan Hellman, author of the *Hope Rising: How the Science of HOPE Can Change Your Life*, talk about the research behind HOPE science and how you can create meaningful pathways for the youth in your community. We want to help you assist your students with building hope so that they can take more control of their own lives and, with the right tools, increase the hope a student feels in their future.

### Discussion Questions for Your Team

- What things are we already doing to foster an environment of hope?



- What are some other ways we can implement what we've learned so far about HOPE science?
- What are some barriers to implementing HOPE that we've learned?

