

## Training Options

The HOPE team is thrilled to be able to offer a variety of HOPE presentations and workshops. We will work with your organization to customize the HOPE training to meet your needs.

### Training options: Introductory

#### Keynote presentation

Typically one hour in length, the keynote presentation will cover the effects of ACEs on health outcomes, the importance of positive childhood experiences, the research showing their mitigating effects on ACEs, the biologic basis for these effects, the four building blocks of HOPE, and type 1 vs. type 2 thinking. The presentation will introduce some ideas of how to incorporate the HOPE Framework into practice. Interaction will consist of audience polling and sharing (either virtually in the chat box or verbally in person) plus a Q&A.

#### Spreading HOPE: Online Learning Management System (LMS)

The Spreading HOPE LMS, launching in early summer 2021, offers introductory HOPE training through five asynchronous modules. Available on demand and with the potential for obtaining continuing education credits for doctors, nurses, social workers, and psychologists, Spreading HOPE allows efficient onboarding of new staff and managers and allows state and local agencies to support their vendors in workforce training.

### Training options: Intermediate

#### 2-hour workshop

The 2-hour workshop will include a one-hour presentation as described above. The second hour will include skill building exercises focusing on how to incorporate the HOPE Framework into practice. Customized to the specific sector in the audience, the second half of this session will be highly interactive and include breakout groups and opportunities for sharing.

#### Full day workshop (4 hours)

The full day workshop consists of 2 2-hour sessions that can be delivered in one day (with a lunch break) or over two days. The workshop will begin with a one-hour HOPE overview presentation as described above. The subsequent hours will consist of focused skill building exercises and small group work focused on a combination of the following topics depending on organizational interest: increasing access to the 4 Building Blocks in your community; using HOPE as an antiracist framework to address disparities in your organization; analyzing your policies through a HOPE-informed lens; crafting HOPE-informed intakes; practicing HOPE-informed patient/client interactions. We work with each organization to customize this training to the needs of the participants. After completing the workshop participants will have clear ideas of how to begin to incorporate HOPE into their work.

### Training options: Advanced

#### Train the Facilitator Program

The Train the Facilitator workshops are available to individuals who are interested in a more intensive HOPE training. These workshops are open to up to 20 individuals who have participated in an initial HOPE training session and are interested in learning more and taking on a leadership role to ensure new staff, contractors, and community partners have an opportunity to learn about HOPE. Those who participate would learn how to: present a HOPE 101 training and facilitate working groups to encourage HOPE implementation throughout a community. The Program consists of 8-10 hours of training over three highly interactive workshops occurring 2-4 weeks apart, either virtually or in person.