

## Training Options

The HOPE team is thrilled to be able to offer a variety of HOPE presentations and workshops at the Introductory, Intermediate, and In-depth levels. We will work with your organization to customize the HOPE training to meet your needs.

### Introductory Training Options

#### Keynote Presentation

Typically one hour in length, the keynote presentation will cover the research behind Positive Childhood Experiences (PCEs) and their mitigating effects on ACEs, the Four Building Blocks of HOPE, and the power of the brain to heal. The presentation will introduce some ideas of how to incorporate the HOPE Framework into practice.

#### Introduction to HOPE Workshop

Typically 90 minutes in length, the Introduction to HOPE will be an interactive workshop that engages participants in thinking through how they can promote access to the Four Building Blocks of HOPE in their work. Like the keynote, the workshop covers the research behind Positive Childhood Experiences (PCEs) and their mitigating effects on ACEs and the Four Building Blocks of HOPE. It will also review Type 1 versus Type 2 thinking and what HOPE adds to existing frameworks

#### HOPE Online Learning Hub

HOPE offers self-paced online courses that offer access to comprehensive research, based in the “Science of the Positive,” on how Positive Childhood Experiences drive healthy development and can mitigate the effects of Adverse Childhood Experiences. We offer multiple courses including, Spreading HOPE, HOPE and Anti-racism approaches with more being added soon! These courses feature interactive modules, featuring short videos, interviews with guest experts, short quizzes, and supplemental materials. CME and CEU credits are available for the Spreading HOPE online course.

### Intermediate Training Options

#### 2-hour workshop

A variety of 2-hour workshops can be offered for those organizations who want to go deeper into HOPEful practice. Workshop topics include: Creating HOPEful First Encounters, HOPE-informed Intake and Assessment Forms, Using HOPE to Promote Equitable Access to the Building Blocks, Creating an Internal Culture of HOPE, HOPE for Policy Review, and HOPE for Challenging Interactions. These workshops are highly interactive and include case studies, breakout rooms, and whiteboard sessions.

#### 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. If the organization is new to HOPE, the first hour will include an introduction to HOPE. Alternatively, the full day workshop can be created to meet the needs of a group already familiar with the framework who are ready to dive into action. The subsequent hours will consist of focused skill building exercises and small group work. 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.

## Train the Facilitator Workshops

The Train the Facilitator workshops are available to individuals who are interested in becoming certified to deliver the Introduction to HOPE Workshop either in their community or internally at their organization. Each cohort completes three sessions each spaced about two weeks apart. At the end of the program, participants are certified HOPE Trainers with the option to be listed on our website and receive stipends for their trainings. We currently offer Cohorts that are open to the public and organization-specific cohorts.

## In-depth Training and Technical Support for Organizational Change

### HOPE Champion Workshop

The HOPE Champion workshops are available to individuals who are certified HOPE Facilitators and want to increase their organization and network's capacity to implement the HOPE framework sustainably and systematically. Champions will be the on-the-ground HOPE expert leading implementation projects and ensuring the HOPE framework results in actionable change in an organization. Each cohort completes three sessions each spaced about two weeks apart.

### HOPE Ambassador Workshops

A true groundswell cannot be created from the top down, it must come from the community. The HOPE Ambassador program aims to spread the research and importance of Positive Childhood Experiences to parents, caregivers, and community members so that they might begin demanding a community that prioritizes PCEs for their (and all) children. Parents, caregivers, and family members are encouraged to participate in a two-hour training to become community HOPE Ambassadors.

### Technical Assistance

The HOPE National Resource Center is always excited to work closely with organizations to provide technical assistance on HOPE implementation. These packages are tailored to the needs of the organization but can include support around: revising intake and assessment forms, reviewing policies through a HOPE-informed lens, creating an internal organizational culture of HOPE, and developing HOPEful resources and materials for families.

### Community of Practice

Staff from the HOPE National Resource Center will facilitate monthly 90-minute calls with a cohort of individuals who want to dive deep on HOPE implementation. The group will come together each month to talk through a component of the implementation, share lessons learned and barriers faced, and plan tangible steps for the next month.

### Customized Online Modules

The HOPE National Resource Center would love to work with your organization to create customized online learning modules that introduce the basics of the HOPE framework, relate it back to models and frameworks your team is already using, and review what implementation looks like specifically for your staff. This fully personalized option makes training staff on the HOPE framework more sustainable over time and can integrate with existing onboarding processes.