

A HOPE and Strengthening Families-informed Coaching Guide



We know that everyone needs access to key types of experiences for optimal health and well-being. Finding ways to ensure that systems-impacted families have access to both the Four Building Blocks of HOPE and the Strengthening Families Protective Factors will create opportunities for families to break intergenerational cycles of systems-involvement and increases the likelihood that children, youth, and families will thrive.

Even when an agency has made a commitment to HOPE, Strengthening Families, and/or strengths-based practice more generally, it may be challenging to consistently apply the approach. This guide is designed to help supervisors coach staff towards more consistent use of a lens that actively seeks out opportunities to promote access to PCEs and protective factors with children, youth, and families.



The worksheet should be used as a part of regular supervision sessions. The worksheet can stand alone, or its content can be incorporated within existing agency supervision tools. It can be used to guide discussion with caseworkers about specific families on their caseload and also provides ideas around focusing on protective factors and positive experiences to reach case plan goals

General Coaching Activities

Ask the staff member to answer the following questions based on the specific family or youth on their caseload:

1. What protective factors are already in place for this family and/or youth? What positive experiences does the child or youth have consistent access to?
2. How can these strengths be used to help address the issues that brought this family or young person to the attention of the child welfare or juvenile justice system?
3. What challenges is the staff member experiencing in building Protective Factors and increasing access to the Building Blocks with families or youth?

4. How can the Building Blocks and Protective Factors be built or supported as part of the case plan?

Actions the family/youth will take:

Actions the worker will take:

Services or resources that will be engaged:

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