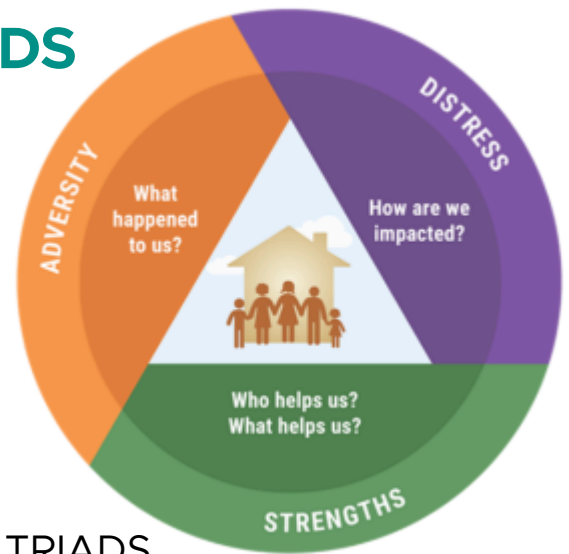


HOPEful case reviews with TRIADS

The **Building Blocks of HOPE** and the **TRIADS model** can be used to promote strengths during case reviews. These tools allow for a more holistic process and reframe providers' responses to center HOPE.

In order to integrate an understanding of both strengths and adversities, this toolkit builds on the TRIADS approach from UCSF. TRIADS stands for **T**rauma and **R**esilience-informed **I**nquiry for **A**dversity, **D**istress and **S**trengths.

Further information can be found at: [Homepage - The TRIADS Framework](#).



Simply put, “distress” is the presenting problem for the patient. “Adversity” is the trauma or challenge the individual has experienced. “Strengths” covers both existing strengths and plans for building on to them. Strengths are assessed using the HOPE framework: relationships, environment, engagement, and emotional growth.

What is currently causing **distress**?



What **adversity** might the child have experienced?

What **strengths** does the child have?

How can I promote access to each of the Four Building Blocks to help the child build **strengths**?

 RELATIONSHIPS	
 ENVIRONMENT	
 ENGAGEMENT	
 EMOTIONAL GROWTH	